



# SPORTS PERFORMANCE TRAINING

## STRENGTH & SPEED TRAINING PROGRAM

### ALPHA ATHLETE GROUP TRAINING MEMBERSHIP

- 1-Hr Daily Class Schedule Grouped by Age & Experience (see below)
- Led by Experienced/ Certified Sports Performance Specialists
- Design Modified for Athletes of All Levels & Sports
- Small Group Design (8:1) to Maximize Individual Programming & Attention
- Learn & Master our ALPHA ATHLETE Training System

#### ALPHA ATHLETE SYSTEM includes 2 Main Components:

Speed, Agility, & Athletic Development	Strength & Power Training
*Learn the Proper Mechanics of Athletic Development *Progress from Fundamental Mvts to Advanced Sport-Specific Skill Development	Focuses on Building a Foundation of Proper Technique, Overall Body Strength, & Transforming Strength to Explosive Sport Specific Movements & Skills

### SUMMER WEEKLY SCHEDULE

	M	T	W	Th	F
<b>YOUTH</b> Ages 9-12		130- 230 PM		130-230 PM	
<b>MS-HS</b> Ages 12-up	12-1 PM		12-1 PM		12-1 PM

(Times can change based on demand)  
IF TIMES DONT WORK PLEASE REACH OUT

### SUMMER ALPHA ATHLETE GROUP MEMBERSHIP

<b>2x/ WEEK: \$200 (pick days that work best)</b>
<b>3x/ WEEK: \$250</b>

ALPHA ATHLETE also offers Personal, Buddy, Small Group, & Team Personalized Option

Email Don@XCel.Fit for more info

## BUILD a FOUNDATION for SPORTS XCELLENCE

Take Advantage of our No Obligation Free Trial Class

It Takes One Small Step to TRANSFORM YOUR FUTURE!



25 West Greenbrook Rd, Fairfield

Register/ Questions Call- 973-590-6312 or Email don@xcel.fit

www.beyondpotential.net