

SPEED AND STRENGTH SUMMER SCHEDULE

www.sweatfitness.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
High School & College 9:00-10:15am <i>Speed and Strength</i>	Ages 13-15 9:00-10:15am <i>Speed and Strength</i>	High School & College 9:00-10:15am <i>Speed and Strength</i>	Ages 13-15 9:00-10:15am <i>Speed and Strength</i>	High School & College 9:00-10:15am <i>Speed and Strength</i>	High School & College 10:00-11:00am <i>Footwork, Agility and Speed</i>	
High School & College 1:00-2:15pm <i>Speed and Strength</i>	High School & College 1:00-2:00pm <i>Footwork, Agility and Speed</i>	High School & College 1:00-2:15pm <i>Speed and Strength</i>	High School & College 1:00-2:00pm <i>Footwork, Agility and Speed</i>	High School & College 1:00-2:15pm <i>Speed and Strength</i>		
High School & College 4:45-6:00pm <i>Speed and Strength</i>		High School & College 4:45-6:00pm <i>Speed and Strength</i>		High School & College 4:45-6:00pm <i>Speed and Strength</i>		

Speed and Strength: This program is designed to develop strength, power, speed and agility using movement based strength training and advanced speed dynamics that mirror D1 college programs. All athletes will receive customized programming based off sport, goals and training age.

High School level classes are run similar to college programs. Ages 13-15 are geared toward learning basic speed and strength movements.

FUNDamentals: This program creates a foundation in coordination, athleticism, body-weight exercises and proper running technique in a positive environment.

Footwork, Agility and Speed: These classes are all about learning how to move efficiently on the field or court. The focus is on improving speed, agility, acceleration and flexibility.

PRICING

WEEKLY CLASSES
\$99 Per Month

DROP-IN
\$25 Per Class

PRIVATE RATES ARE AVAILABLE

1 Session: \$70 | 6 Pack: \$360
8 Pack: \$440 | 10 Pack: \$500

FOR MORE INFORMATION:

347.574.5950
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CONSHOHOCKEN, PA 19428

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