



TEEN ATHLETIC TRAINING

On or Off Season

Explosive Speed & Strength

Sports Development for Athletes Youth ages 12 - 18



ESS is a multi-faceted sports performance class ESS, is designed for Middle and High School athletes bringing new strength and conditioning to complement their training.

ESS focuses on athletic development through full body strength and speed exercises.



Monday and Wednesday

4:30 – 5:30 pm

Youth Member Monthly Rates

\$100/month (1 class/week)

\$160/month (2 classes/week)

Class size Limited to 15

\$30 Youth Member Drop In

Please inquire for Non-Member pricing.

