



Athletic Camp

Starts: June 6th – June 23rd (July and Aug Camps Available too)

When: Mom – Thurs (8-9:15am)

Details: Athletes will be participating in a Strength and Conditioning program; improvement of muscular strength, muscular endurance, speed, agility, vertical, cardiovascular endurance, and many other benefits. Skill and position work will be provided in future camps!

Price: \$159/month, includes free open gym membership

Mon	Tues	Wed	Thurs
Lower Body Strength & Endurance reps	Upper Body Strength & Endurance reps	Full Body Explosive	REPS & Hypertrophy
SPEED Work & Core	Hip Mobility Work & Core	Agility Work & Core	Plyometrics & Core