



Turn your routine around.

ATTENTION

Players and Parents

**Elite Athlete Training continues into the
spring 2014...
come join us at Fitness 180!**

Fitness 180, located at 91st and Meridian, is proud to offer the most comprehensive off-season strength and conditioning program we have offered to date. Training will focus on overall physical conditioning, as well as Speed, Agility and Quickness!

Beginning **Monday, June 16th**, sessions will be offered every Monday and Wednesday.

[Speed, Agility, Quickness and Crossfit](#)

MONDAY, WEDNESDAY 1-2PM

Rates:

One Month only June: \$60

One Month only July: \$110

Both June and July: \$140 *savings of \$30

Individual Sessions: \$15

Sessions will be instructed by Fitness 180's certified trainers.

*Please make checks out to Fitness 180. Cash or CC accepted.

This program will:

- Demonstrate progression with a battery of pre- and post-program tests
- Increase Strength and Speed
- Develop Cardiovascular Endurance
- Improve Quickness and Explosiveness
- Provide Nutritional Guidance
- Improve Core Strength

If you think a program designed specifically to develop a **faster, stronger** and overall **better conditioned athlete** could help your son or daughter succeed on the field, this program is for you!

**Last year's program was extremely successful –
our athletes saw incredible results!**

Don't let your child miss out on this opportunity!

SIGN UP TODAY!

Spaces are limited.

With consistency and intensity, we will provide the tools to take your child to the next level of their game!

To sign up, contact Shane McIntyre

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(317)418-3957