

DESERT HEAT

HIGH ENERGY ATHLETIC TRAINING

SUMMER STRENGTH & CONDITIONING

Desert Heat Summer Strength & Conditioning Program is geared toward preparing athletes for their upcoming season. All Athletes entering grades 9-12 are encouraged to participate.

Who Can Attend?

Students entering 9 - 12 grade looking to take their skills to the next level

Where Will It Be?

Pinnacle Fitness
8900 E Pinnacle Peak Rd
Suite E6
Scottsdale, AZ 85255

When Is It?

Session 1 - 1 Hour

Mon, Tues & Thurs
June 4 - June 28
1:30 pm
2:30 pm
3:30 pm

Session 2 - 1 Hour

Mon, Tues & Thurs
July 9 - Aug 2
1:30 pm
2:30 pm
3:30 pm

What Is The Cost?

Session 1 \$199
Session 2 \$199
Session 1 & Session 2 \$349



PERSONAL TRAINING

The Athlete will receive:

- Hand tailored workout geared towards their sport/event
- Proper lifting technique
- Proper flexibility training

The Athlete will improve:

- Sport specific strength
- Overall athleticism
- Coordination - Balance - Stability



4:1 Athlete/Coach Ratio

Movement Evaluation Prior To Camp Starting

Space Is Limited