

STUDENT *Athlete* PROGRAM

Keep your child active and healthy this summer!



Designed with a focus on functional training, FOR's Summer Student Athlete program will help improve flexibility, balance, mobility, strength and conditioning. Improving these core functions lead to improved sports performance, but more important, builds improved body awareness and self-esteem.

who should join?

Any student athlete ages 12 and above.

what to expect

Jason will lead the group Wednesdays at 5PM for 5 weeks. We want students to come ready and injury-free and commit to 5 weeks of FUN full-body workouts.

Jason plans to guide your student athlete on the value of a well-rounded fitness routine, how it can benefit sports training and improve everyday life.

NEW STUDENTS: Prior to the 5-Week program we require newcomers to take our 3 one on one personal training sessions for \$99 so Coach Jason can evaluate your students movements.

THE DETAILS

WHAT'S INCLUDED:

1 group session per week

Goal Setting

Mind Exploding Tools to Approach Fitness

(1) Take-Home Workout per Week

Email Access to Coach Jason

Lots of FUN!

WHEN:

Wednesdays 5-5:50 PM

July 24 - August 21

PRICE: \$349

(5 sessions)

*No make up sessions