



SPEED SCHOOL powered by **The Summit**

CLASS SCHEDULE

Fall 2010 – Effective August 25, 2010

Jump Start (Ages 7-12)

TIME	MON	TUES	WED	THUR	FRI
4:00 pm	ACC	x	COD	x	TS
5:15 pm	ACC	TC	COD	TC	TS
6:15 pm	ACC	X	TS	X	TC
7:15 pm	TC	ACC	COD	X	X

Total Performance (Ages 13-18)

TIME	MON	TUES	WED	THUR	FRI
4:00 pm	TS	TC	COD	TC	ACC
5:15 pm	TS	x	COD	x	ACC
6:15 pm	TS	X	ACC	X	TC
7:15 pm	TC	TS	COD	X	X

Strength (Platinum Members Ages 7-17)

TIME	MON	TUES	WED	THUR	FRI
4:00 pm	x	S	x	S	x
5:15 pm	x	S	x	S	x

Adult Total Conditioning

TIME	MON	TUES	WED	THUR	FRI	SAT
5:30 am	TC	X	TC	X	TC	X
6:30am	S	X	S	X	S	X
9:00 am	TC	S	TC	S	TC	TC
12:00 pm	TC	S	TC	S	TC	X
6:15 pm	X	TC	X	TC	X	X

TC= Total Conditioning ACC = Acceleration TS = Top Speed COD = Change of Direction S= Strength



CLASS DESCRIPTIONS

Jump Start (Ages 7-12)

Improving fundamental athletic skills and self-esteem for young athletes.

The Jump Start Program has been proven to enhance:

- Coordination
- Running Technique
- Body Weight Strength
- First Step Quickness
- Flexibility
- Injury Prevention
- Weight Loss and Self Confidence

Total Performance (Ages 13-17)

Develop and enhance athletic performance for athletes ages 12 to 17.

The Total Performance Program is guaranteed to:

- Improve Speed
- Increase Strength
- Improve Agility
- Develop Endurance
- Maximize Jumping Ability
- Decrease Susceptibility to Injury
- Boost Confidence

Adult Total Conditioning

Affordable option, unlimited classes, allows for flexible scheduling.

The Total Conditioning Program has been proven to enhance:

- Speed
- Total Body Strength
- Increase Endurance
- Improve Flexibility
- Lose Weight
- Build Mental Toughness and Boost Confidence

