



*...The game is on*

# PREMIER SPORTSFIT

## Athletic Performance

### Training Program

### Youth Ages 8 - 17

### CLASS OUTLINE

Specifically designed for the 8 - 17 year old athlete.

- 1 hour sessions, using the latest methods and experienced trainers.
- Designed to produce peak performance in any and all sports participating in.
- Drills are fast moving and will challenge each athlete.
- Concentration on flexibility and range of motion will reduce injuries and improve performance.
- Premier offers over 20,000 sq. ft. of workout space; along with (exclusive to Lubbock) Pro Maxima youth circuit training equipment.

**TRAINING WILL ENHANCE:**  
**AGILITY \* SPEED \* STRENGTH PLYOMETRICS**  
**CARDIOVASCULAR \* FLEXIBILITY**

SPORT SPECIFIC TRAINING AVAILABLE  
 (CLASSES LIMITED TO 10 ATHLETES)

### CLASS SCHEDULE

One hour sessions are available throughout the week

\*\*Sportsfit athletes are encouraged to attend two classes per week.

See options for one month, three month and six month programs.

### SPORTSFIT TRAINING SESSION SCHEDULE

TUESDAY		THURSDAY		FRIDAY	
4:30PM - 5:30PM	Team	3:30PM - 4:30PM	Team	4:30PM - 5:30PM	Team
5:30PM - 6:30PM	11 - 13 Years	4:30PM - 5:30PM	11 - 13 Years	5:30PM - 6:30PM	11 - 13 Years
		5:30PM - 6:30PM	8 - 10 Years		
Open Session *		Open Session *		Open Session *	
6:30PM - 7:30PM	8 - 10 Years	6:30PM - 7:30PM	14 - 16 Years	6:30PM - 7:30PM	8 - 10 Years
SATURDAY			SUNDAY		
10AM - 11AM	8 - 10 Years	1:30PM - 2:30PM	Team		
11AM - 12PM	11 - 13 Years	2:30 - 3:30 PM	11 - 13 Years		
12PM - 1PM	Team				
1PM - 2PM	14 - 16 Years				

Monday and Wednesday session times may be available

Time slots not listed may be available for teams. Ask training staff. TEAM notation refers to a team that has reserved that training session time slot.

\* Open Sessions are for the convenience of scheduling conflicts. If the athlete is unable to attend a workout due to other obligations, then they are able to take advantage of the open session on the day and time allotted.

Team sessions are available and may be scheduled at a different time