



# Winter Athlete Training & Youth Fitness Schedule

NOVEMBER 26 - FEBRUARY 15

Flex scheduling allows you to choose the times/days that meet your schedule. Just choose your level and purchase 10, 20 or 30 sessions

Time	Monday	Tuesday	Wednesday	Thursday	Friday
4:00 pm - 5:30 pm	Explosive S&P		Explosive S&P		Explosive S&P
4:30 pm - 6:00 pm		Explosive S&P		Explosive S&P	
5:00 pm - 6:00 pm		Early Athlete Dev		Early Athletic Dev	
5:00 pm - 6:00 pm	Athletic Dev	Athletic Dev	Athletic Dev	Athletic Dev	
5:30 pm - 6:30 pm	Youth Fitness		Youth Fitness		
5:30 pm - 7:00 pm	Elite Collegiate S&C		Elite Collegiate S&C		Elite Collegiate S&C
7:00 pm - 8:30 pm	Competitive S&P	Competitive S&P	Competitive S&P	Competitive S&P	

PROGRAM	CLASS LENGTH	10 SESSIONS	20 SESSIONS	30 SESSIONS
Youth Fitness (ages 10-15)	60-minutes	\$210	\$360	
Early Athletic Development (ages 7-9)	60-minutes	\$210	\$360	
Athletic Development (ages 10-12)	60-minutes	\$210	\$360	
Competitive Strength & Performance (ages 13-14)	90-minutes	\$290	\$480	\$600
Explosive Strength & Performance (ages 15-19)	90-minutes	\$290	\$480	\$600
Elite Collegiate Strength & Conditioning (evaluation/approval required, max 6 athletes)	90-minutes	\$430	\$780	\$990



**THE ATHLETE PERFORMANCE CENTER AT NEXT LEVEL FITNESS & PERFORMANCE**  
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