



Spring Athlete Training & Youth Fitness Schedule

MARCH 4 - MAY 24, 2019

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	Explosive S&P	
5:00 pm - 6:00 pm	Youth Fitness		Youth Fitness		
5:30 pm - 6:30 pm		Early Athletic Dev		Early Athletic Dev	
5:30 pm - 7:00 pm		Competitive S&P		Competitive S&P	
6:00 pm - 7:30 pm	Competitive S&P		Competitive S&P		
6:00 pm - 7:30 pm	Elite Collegiate S&P		Elite Collegiate S&P		Elite Collegiate S&P
6:30 pm - 7:30 pm		Athletic Dev		Athletic Dev	

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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