

ATHLETE AND CHILDREN'S PROGRAMS

When you send your child to a trainer, you are entrusting that person with your child's physical health as well as their potential for increased sports performance. Therefore, it is important to consider the level of education, experience and credentials held by the person who will be playing such a critical role in your child's development and safety. At Core Fitness, all student athletic programs are designed and implemented by **NSCA Certified Strength and Conditioning Specialists (CSCS)**. The **CSCS** credential is that which is required by institutions to train athletes at the collegiate level. The certification requires a bachelor's degree in a related field, successful completion of a comprehensive written and practical exam, and extensive continuing education requirements every two years. In addition to the NSCA credential, Core Fitness trainers bring to their athletic training program more than 20-years of experience training athletes of every level including division I and professional athletes. Core Fitness strives to keep their athletes "on the field" by employing the same philosophy toward their athletes as they do toward all their clients: **improve and maintain the health of the individual while increasing their performance.**



Strength and Conditioning

Students of all fitness levels, from sedentary individuals to elite athletes will develop the skills necessary to safely execute expertly designed strength and conditioning programs based on their sport-specific or basic fitness needs.

1x/week: \$69.00/month

2x/week: \$119.00/month

Speed and Agility

Speed and agility are undeniably two of the most important components of athletic performance. In this class athletes will focus on change of direction speed, fleetness of feet and reaction time in linear and lateral directions

1x/week: \$69.00/month

2x/week: \$119.00/month

Intro to Athletic Training

Students ages 6-10 will receive an introduction to the proper mechanics of exercises designed to improve overall fitness, particularly core strength and stability

1x/week: \$59.00/month

Tween Cize

Girls ages 8-12 will have fun and get fit while learning basic dance choreography designed by Beach Body's fitness expert, Shawn T (P90X, Insanity, Hip Hop Abs). The simple teaching method used in Cize™ allows kids of **all fitness levels and abilities** to master each dance so they will feel confident while having a blast!

\$50.00

Drop-In Rate: \$10.00

All-Inclusive Unlimited Student Training: \$219.00, Single Session: \$20.00

Please visit www.CoreFitnessGroupTraining.com for full schedules