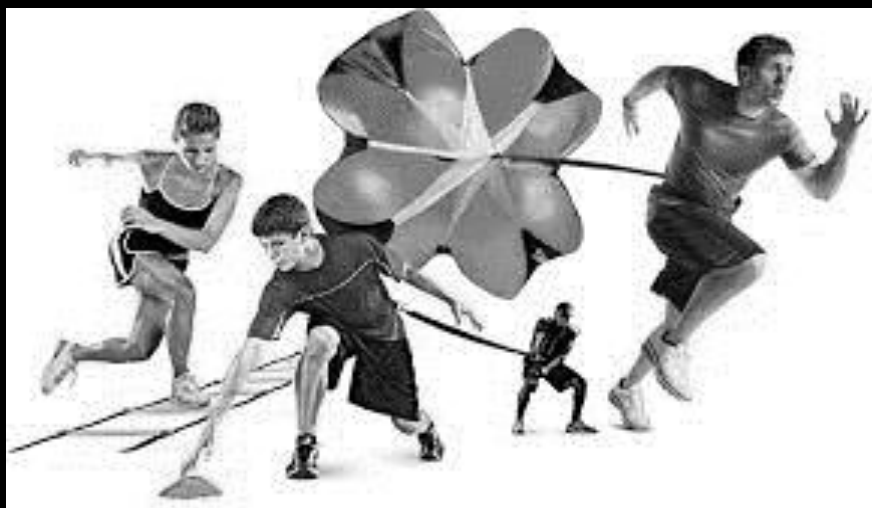


FALL ATHLETIC PROGRAMS

START 9/5/18



All classes are scientifically designed and instructed by NSCA Certified Strength and Conditioning Specialists with College Degrees in Exercise Science and over 20 years experience training individuals of every level including division 1 and professional athletes



37 Kanes Lane, Middletown NJ 07758
WWW.COREFITNESSGROUPTRAINING.COM
732-671-4030

STRENGTH & CONDITIONING

Ages 10+

Develop muscular strength and power required to increase sports performance and decrease risk of injury

Mondays and Wednesdays 3:30pm

Tuesdays and Thursdays 4:30pm

SPEED & AGILITY

Ages 8+

Maximize speed and agility and improve mobility and running mechanics through a variety of specific drills and exercises.

Tuesdays and Thursdays 3:30pm

- All-inclusive Athlete Training: \$219.00/month
- 2x per week (your choice): \$119.00
- 1x per week (your choice): \$69.00/month
- Drop-ins: \$20/class

INTRO TO ATHLETIC TRAINING

Ages 6-10

introduction to the proper mechanics of exercises designed to improve overall fitness, particularly core strength and stability

Saturdays: 10:30am
\$59.00/month