

**NEW!**

# **Athletic**

## **CONDITIONING CLINICS**

Designed to develop the three major attributes that all athletes NEED.

**Speed, Strength, and Endurance.**

*Clinic I:* June 28 – July 18 (Register by 7/4)

*Clinic II:* July 19 – August 8 (Register by 7/25)

*Clinic III:* August 9 – 29 (Register by 8/15)

Athletes ages 13 and older attend three two-hour sessions each week.

General Class Schedule on Reverse Side

Adults welcome!

Classes will include Flexibility, Resistance Training, Cardiovascular Endurance, Speed & Agility Drills, Muscular Endurance and General Nutritional Guidelines

Groups/Teams of six or more\* must contact the Fitness Director to make arrangements to workout at alternative times than permanently scheduled sessions.

\*Cost per individual \$279 for 18 total-hours of training per three-week clinic.

Please Return Registration Information to Front Desk of Salisbury Location.

Name: \_\_\_\_\_

Gender: Male / Female

Date of Birth: \_\_\_\_\_

Athletic Events/Notes \_\_\_\_\_

Circle One:

Clinic I

Clinic II

Clinic III

### **Notice of Injury Risk:**

Participation in any type of sport, physical activity, or exercise program is inherently dangerous. Although we provide professional staff, quality equipment and facilities; injuries can and do take place. All registrants voluntarily participate with the permission of their parents and the understanding that Latitude Sports Clubs is not liable for any injuries incurred.

Parent/Guardian Signature (if under 18) \_\_\_\_\_ Date: \_\_\_\_\_

**Latitude Sports Clubs**

**191 Elm Street**

**Salisbury, MA**

**Contact the Fitness Director Scott Topjian for more details.**

**978.462.5662 or ScottT@latitudesportsclubs.com**