



# ENGAGE *in sports!*



# Youth Sports Performance Training

*A solid foundation of fitness is the key to your child's athletic success.*

Our nationally-certified personal trainers at **ENGAGE in sports!** specialize in helping young athletes improve their performance within a carefully-controlled and motivating environment.

**ENGAGE in sports!** youth programs are tailored to achieve the specific results you and your child desire. Studies show that the greatest changes in the body occur before the onset of puberty at approximately age 13; consequently, the greater the efforts made in physical development prior to puberty the better neuro-muscular system the individual will have after puberty.

*Whether it's for sports performance or to ensure a lifetime of physical enjoyment, a strong athletic foundation is key to staying one step ahead of the competition and in step with athletic potential.*

Whether your child is interested in improved performance in a specific sport or seeks the confidence to attempt new physical challenges, our trainers are here to develop a program to fit your child's unique development needs.

## *Register now for classes:*

**December– July:** Mondays • Wednesdays • Fridays

**August – November:** Mondays • Fridays  
(Choose any day or combination of days.)

**6:00 to 7:00 p.m.**

**\$40/1 day per week**

**\$60/2 days per week**

**\$80/3 days per week**

**Sibling Discount! \$10 OFF**  
for each sibling enrolled

*Please call to schedule a time for us to meet and discuss a program that will meet your child's physical goals.*



**ENGAGE**  
FITNESS AND TRAINING CENTER

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