

<b>MALE SPORTS</b>	<b>FEMALE SPORTS</b>
<i><b>*If an athlete has a scheduling conflict with their specific time they are welcome to join another group's time</b></i>	
<b>Football 9-12th grade</b> <i>Mon, Tue, Wed, Thursday 9-1030am</i> Strength/ Agility/ Speed/ Core	<b>Girl's Lacrosse 9th-12th grade</b> <i>Mon, Tue, Wednesday 1130AM- 1230 PM</i> Strength/ Agility/ Speed/ Core
<b>All Sports Rising 5th-8th Graders (Male &amp; Female)</b> <i>MON/ WED/ THURSDAY 1030-1130 AM</i> Strength/ Agility/ Speed/ Core	<b>All Sports Rising 5th-8th Graders (Male &amp; Female)</b> <i>MON/ WED/ THURSDAY 1030-1130 AM</i> Strength/ Agility/ Speed/ Core
<b>Boy's Soccer 9th-12th grade</b> <i>TUE/ THURSDAY 1030-1130 AM</i> WEDNESDAY: 9-1030 AM Strength/ Agility/ Speed/ Core	<b>Indoor &amp; Beach Volleyball 9th-12th grade</b> <i>Mon, Tue, Wednesday 1130AM- 1230 PM</i> Strength/ Agility/ Speed/ Core
<b>Boy's Basketball 9th-12th grade</b> <i>Mon, Tue, Wed, Thursday 9-1030am</i> Strength/ Agility/ Speed/ Core	<b>Girl's Track &amp; Cross Country 9th-12th grade</b> <i>Mon, Tue, Wednesday 1130AM- 1230 PM</i> Strength/ Agility/ Speed/ Core
<b>Baseball 9th-12th grade</b> <i>TUE/ THURSDAY 1030-1130 AM</i> WEDNESDAY: 9-1030 AM Strength/ Agility/ Speed/ Core	<b>Softball 9th-12th grade</b> <i>Mon, Tue, Wednesday 1130AM- 1230 PM</i> Strength/ Agility/ Speed/ Core
<b>Boy's Lacrosse 9th-12th grade</b> <i>TUE/ THURSDAY 1030-1130 AM</i> WEDNESDAY: 9-1030 AM Strength/ Agility/ Speed/ Core	<b>Girl's Golf &amp; Tennis 9th-12th grade</b> <i>Mon, Tue, Wednesday 1130AM- 1230 PM</i> Strength/ Agility/ Speed/ Core
<b>Boy's Track &amp; Cross Country 9th-12th grade</b> <i>TUE/ THURSDAY 1030-1130 AM</i> WEDNESDAY: 9-1030 AM Strength/ Agility/ Speed/ Core	<b>Girl's Soccer 9th-12th grade</b> <i>Mon, Tue, Wednesday 1130AM- 1230 PM</i> Strength/ Agility/ Speed/ Core
<b>Boy's Tennis &amp; Golf 9th-12th grade</b> <i>TUE/ THURSDAY 1030-1130 AM</i> WEDNESDAY: 9-1030 AM Strength/ Agility/ Speed/ Core	<b>Girl's Basketball 9th-12th grade</b> <i>Mon, Tue, Wednesday 1130AM- 1230 PM</i> Strength/ Agility/ Speed/ Core
<b>PRICING:</b>	
<b>Grades 9-12 FOOTBALL &amp; BOY'S BASKETBALL: \$290 FOR WHOLE SUMMER= 30 WORKOUTS</b>	
<b>\$160 FOR 1 MONTH OR \$50 PER WEEK</b>	
<b>ALL OTHER SPORTS: \$250 FOR WHOLE SUMMER= 23 WORKOUTS</b>	
<b>\$135 FOR 1 MONTH OR \$40 PER WEEK</b>	