

# MINUTEMEN PRE-TRY OUT STRENGTH AND CONDITIONING CAMP

Don't miss out on your chance to get a head start!

## 4 Week Program (Start Date 3/7/16 – End Date 4/1/16)

- 2 sessions per week \$144
- 3 sessions per week \$168

## 5 Week Program (Start Date 2/29/16 – End Date 4/1/16)

- 2 sessions per week \$180
- 3 sessions per week \$210

## 6 Week Program (Start Date 2/22/16 – End date 4/1/16)

- 2 sessions per week \$216
- 3 sessions per week \$252

**Description:** Function & Strength uses an innovative approach to training – building on a solid athletic foundation while staying focused on each athlete's individual goals. Our unique program includes instruction in movement training, injury reduction and rehabilitation, linear and lateral speed techniques, foot speed and agility, explosive power development, proper functional strength training and energy system conditioning. Athletes are closely supervised as the coach takes them through an intense workout with attention always being paid to proper technique and safety.

Prices good through 3/7/16

**Program Hours:** (these are the times the session starts)

3 P.M. – 6:30 P.M. (Monday – Thursday)

3 P.M. – 6 P.M. (Friday)

10 A.M. – 12 P.M. (Saturday)

Each Session is 1 hour (we encourage athletes to get her early and warm up)



**Function & Strength**

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