



YOUTH SPORTS PERFORMANCE MEMBERSHIP!!

HIGH SCHOOL PROGRAM

- Weight Lifting & Technique
- Post-Game & Training Recovery
- Power – Explosiveness -Strength
- Mental Preparation
- Core Strength
- Sports Recovery
- Injury Prevention

ELEMENTARY & MIDDLE SCHOOL PROGRAM

- Speed & Agility
- Conditioning
- Injury Prevention
- Flexibility
- Strength Training
- Post-Game & Training Recovery
- Mental Toughness/Coaching Support

ALL MEMBERSHIPS WILL INCLUDE

- Unlimited Classes
- 5 Days a week
- Athletic Performance Testing
- Free Cardio Xpress
- Recovery Center Member Discounts

PRICING- PER MONTH

- Month to Month- \$199
- 3 MONTHS \$169!**
- 6 Months- \$149
- 12 Months- \$129
- Sibling Discount- \$69
- Each Additional Sibling- \$25

Class Schedule October 1st 2016- May 31st 2017

Age Group	Sunday	Monday	Tuesday	Wednesday	Thursday
HS 9-12	1-2 pm	6:30 pm	7:30 pm	6:30 pm	7:30 pm
MS 6-8	2-3 pm	5:30 pm	6:30 pm	5:30 pm	6:30 pm
ES 3-5	3-4 pm	4:30 pm	5:30 pm	4:30 pm	5:30 pm

Class Schedule June 1st 2017- August 31st 2017

Age Group	Monday	Tuesday	Wednesday	Thursday	Friday
HS 9-12	8-9 am	4:30-5:30pm	8-9 am	4:30-5:30pm	8-9 am
MS 6-8	9-10 am	5:30-6:30pm	9-10 am	5:30-6:30pm	9-10 am
ES 3-5	9-10 am	6:30-7:30pm	9-10 am	6:30-7:30pm	9-10 am

For more information or to sign up call or email Kira at 303-779-3640 or kira@teamspeedco.com

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