

Premier Fit Group Training – Adults

45 Minute Sessions

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
7:15-8:00am	7:15-8:00am	7:15-8:00am	7:15-8:00am	7:15-8:00am	8:15-9:00am
9:00-9:45am	5:30-6:15pm	9:00-9:45am	5:30-6:15pm	9:00-9:45am	
6:30 -7:15pm		6:30-7:15pm		3:15-4:00pm	

Middle School Speed & Strength Training (Ages 11-13)

60 Minute Sessions

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
4:15-5:15pm	4:15-5:15pm	4:15-5:15pm	4:15-5:15pm	4:15-5:15pm
	6:30-7:30pm		6:30-7:30pm	

High School Speed & Strength Training (Ages 14-18)

90 Minute Sessions

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
4:00-5:30pm	4:00-5:30pm	4:00-5:30pm	4:00-5:30pm	4:00-5:30pm	10:00-11:30am
6:30-8:00pm		6:30-8:00pm			

Varsity Speed (Ages 14-18)

60 Minute Sessions

<u>Tuesday</u>	<u>Thursday</u>
5:30-6:30pm	5:30-6:30pm

This program specifically works on speed, agility and power and is for athletes that strength train outside of Premier. If you are not strength training outside of Premier, you must enroll in the High School speed & strength program. The strength training portion is essential to improving speed & power output on the playing field.

Close Dates

Monday May 27th