



SXS Fitness Inc. is pleased to present the latest FALL Youth Performance Program – training for Performance Excellence by developing winning fitness habits that deliver measurable results. *Excellence in Fitness that translates into Excellence in competition and LIFE!*

The Full weekly program includes:

- Full body FUNCTIONAL Strength Training
- Plyometrics, agility, speed, coordination and movement mechanics
- Fundamentals of Olympic lifting and explosive power
- Stretching, foam rolling and other mobility principals
- Interval/ energy systems training

In a typical training session, we will be blending a number of training principals so that athletes can be exposed to a wider variety of training in each session which is more beneficial to their overall development. There will still be a main focus in each session, but there will not be any overlap from day to day.

DURATION: Up to 15 Weeks

DATES: Sep 6, 2022 – Dec 20, 2022

U19/ U16: 4:15 – 5:15 pm

U14/ U12: 5:15 – 6:15 pm **EXCEPT on the days when there is ONLY 1 training time**

** If there is a scheduling conflict, athletes can participate with a different age group upon special request.*



Typical weekly schedule. Days and times may be adjusted slightly to accommodate training camps and race schedules. Notice will be provided by email.

	MON	TUE	WED	THU	FRI	SAT	SUN
11:15 AM	-	-	-	-	-	-	<i>ALL Ages</i>
4:15 PM	<i>U16/ U19</i>	<i>U16/ U19</i>	<i>U16/ U19</i>	<i>U16/ U19</i>	<i>ALL Ages</i>	-	-
5:15 PM	<i>U12/ U14</i>	<i>U12/ U14</i>	<i>U12/ U14</i>	<i>U12/ U14</i>	-	-	-





PACKAGES OFFERED

1) Flexi Packs

Package includes access to any of the over 80 possible training sessions during the FALL Program.

SESSIONS	BASE PRICE	COST/SESSION	PREPAID PRICE	COST/SESSION
12	\$384	\$32.00	\$350	\$29.17
18	\$540	\$30.00	\$495	\$27.50
24	\$660	\$27.50	\$600	\$25.00
36	\$900	\$25.00	\$800	\$22.22
48	\$1,100	\$22.92	\$950	\$19.71

* Prices do NOT include HST.

**Siblings can draw from same package

2) Weekly/ Unlimited Packages

Package includes access to any training sessions each week during the FALL Program. Depending on which monthly package you select, you will either be able to come 2X, 3X, or Unlimited times each week of that month. Payment for the entire Fall Program is paid in one lump sum rather than monthly.

FREQUENCY	SESSIONS †	PRICE	COST/SESSION
2X /week	32	\$600	\$18.75
3X /week	48	\$750	\$15.63
UNLIMITED	80	\$850	\$10.63

* Prices do NOT include HST.

† Assuming you attend all possible sessions each week.

3) Drop-in

Rate: **\$35 +HST** per session (billed monthly, payable at end of each month).



PAYMENT OPTIONS

1. **Cash** or **Cheque** made out to SXS FITNESS INC.
2. **eTransfer** sent to stefan@sxsfitness.ca
3. **Payment Terminal** - Visa, Mastercard, AMEX, Debit
4. **Online Payment** - Visa, Mastercard, AMEX

ONLINE PAYMENT →

For online payments you will need a *ZenPlanner* account. You may already have a new account with SXS but if you do not, please create one. We are no longer using *Mindbody Online*. Apologies for any inconveniences.

***** Please note that the prices do *NOT* Include HST.
Prepayment must be received by *Monday, Oct 18*. *****