



2019 FALL Elite Training Program

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

The Full weekly program includes:

- Full body strength and conditioning
- Plyometrics, agility, speed, coordination and movement mechanics
- Fundamentals of Olympic lifting and explosive power
- Stretching, Yoga, 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. *The one exception will be the X-Mobility Class on Saturdays at 11am where the entire focus will be on mobility and flexibility – It is **highly recommended** that athletes attend the mobility class on Saturdays as it's a **crucial** part of their athletic development and often VERY neglected.*

DURATION: Up to 15 Weeks

DATES: September 3rd – December 15th, 2019

** Please note there will be a week in November with a limited number of sessions- exact week TBD.*

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 including where and when each session will take place.

	MON	TUE	WED	THU	FRI	SAT	SUN
11:00 AM	-	-	-	-	-	X-Mobility ALL Ages	-
11:15 AM	-	-	-	-	-	-	ALL Ages
4:15 PM	U16/ U19	U16/ U19	U16/ U19	U16/ U19	ALL Ages	-	-
5:15 PM	U12/ U14	U12/ U14	U12/ U14	U12/ U14	-	-	-



PACKAGES OFFERED

1) Flexi Packs

Package includes access to any of the over 100 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
30	\$750	\$25.00	\$675	\$22.50
36	\$864	\$24.00	\$756	\$21.00
50	\$1,100	\$22.00	\$950	\$19.00

* Prices do NOT include HST.

**Siblings can draw from same package

2) 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 →

***** Please note that the prices do NOT Include HST.
Prepayment must be received by **Friday September 20th** *****

1. *There will be no credits for missed or unused sessions at the end of the Spring Program.*
2. *Please indicate which option you plan on using by **Friday September 13.***
3. *For those who are opting for the prepaid packages, payment must be made by **Friday September 20th***
4. *Payment for standard packages are 50% by October 15th, balance by December 15th.*
5. *All cheques must be made out to SXS Fitness Inc, including HST.*