



2019 SPRING Elite Training Program

SXS Fitness Inc. is pleased to present the latest SPRING 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 Power and Olympic lifting
- 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

DURATION: Up to 12 Weeks

DATES: April 1st – June 23rd, 2019
** Please note the week of April 15 there will be limited number of sessions*

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 87 possible training sessions during the SPRING Program. This type of package is ideal for those who have inconsistent schedules.

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 **Tuesday April 23rd**. *****

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 **Monday April 15.***
3. *For those who are opting for the prepaid packages, payment must be made by **Tuesday April 23.***
4. *Payment for standard packages are 50% by May 15, balance by June 23.*
5. *All cheques must be made out to SXS Fitness Inc, including HST.*