



2020 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 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 8 – Dec 18, 2020

U19/ U16: 4:10 – 5:05 pm

U14/ U12: 5:15 – 6:10 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	-	-	-	-	-	-	-
11:15 AM	-	-	-	-	-	-	ALL Ages
4:10 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 over 100 possible training sessions during the 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:** \$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 25 *****

1. Please indicate which option you plan on using by **Friday September 18**.
2. For those who are opting for the prepaid packages, payment must be made by **Friday September 25**.
3. Payment for standard packages are 50% by October 15, balance by December 15.
4. All cheques must be made out to SXS Fitness Inc, including HST.