



# 2021 WINTER Elite Training Program

## Weekly Program Includes:

- Power training, Jumping, Bounding and Plyometrics
- Full Body Strength Training
- Speed, Agility and Quickness
- Flexibility and Mobility
- Cardio, Energy Systems and Conditioning work

**DURATION:** Each session will be approximately 1-hour in length

**DATES:** MON. Jan 4 – SUN. Mar 28, 2021

**SCHEDULE:**

<b>Monday</b>	<b>4:10pm</b>	<b>ALL ages</b>
<b>Tuesday</b>	<b>4:10pm</b>	<b>ALL ages</b>
<b>Wednesday</b>	<b>4:10pm</b>	<b>ALL ages</b>
<b>Thursday</b>	<b>4:10pm</b>	<b>ALL ages</b>
<b>Friday, Saturday, Sunday TBD</b>		

Due to the unpredictability of the current landscape of the pandemic the Winter Program will be loosely structured. For the most part there will be 4 training days per week (Monday-Thursday) and depending on interest we will explore options on adding training on the weekend. ***There will be an email sent out before the beginning of each week to update the schedule.***

**SESSIONS:** Due to Lockdown we will offer 1 training session per day at 4:10pm. Once we are authorized to safely offer 'in person' training we will move to offering 2 sessions per day based on age groups as per normal.



## PACKAGES OFFERED

### 1) Flexi Packs

SESSIONS	BASE PRICE	COST/SESSION	PREPAID PRICE	COST/SESSION
8	\$256	32.00	<b>\$240</b>	30.00
12	\$384	32.00	<b>\$350</b>	29.00
18	\$540	30.00	<b>\$495</b>	27.50
24	\$660	27.50	<b>\$600</b>	25.00
50	\$1,100	\$22.00	<b>\$950</b>	\$19.00

\* Prices do NOT include HST.

### 2) Drop-in

Rate: \$35 +HST per session

## PAYMENT OPTIONS

1. **Cash** or **Cheque** made out to SXS FITNESS INC.
2. **eTransfer** sent to [stefan@sxsfitness.ca](mailto: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 Sunday January 24. \*\*\***

1. There will be no credits for missed or unused sessions at the end of the Winter Program.
2. Payment for standard packages are 50% by February 15, balance by March 31.
3. All cheques must be made out to SXS Fitness Inc, including HST.