



SXS Fitness Inc. is pleased to present the latest SPRING 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 12 Weeks

**DATES:** April 11<sup>th</sup> – June 26<sup>th</sup> 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 including where and when each session will take place.**

	MON	TUE	WED	THU	FRI	SAT	SUN
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 Spring Program.

SESSIONS	BASE PRICE	COST/SESSION	PREPAID PRICE	COST/SESSION
12	\$384	\$32.00	<b>\$350</b>	\$29.17
18	\$540	\$30.00	<b>\$495</b>	\$27.50
24	\$660	\$27.50	<b>\$600</b>	\$25.00
30	\$750	\$25.00	<b>\$675</b>	\$22.50
36	\$864	\$24.00	<b>\$756</b>	\$21.00
50	\$1,100	\$22.00	<b>\$950</b>	\$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](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 **Monday May 2<sup>nd</sup>** \*\*\**

1. For those who are opting for the prepaid packages, payment must be made by **Monday May 2<sup>nd</sup>**
2. Payment for standard packages are 50% by May 15<sup>th</sup>, balance by June 30<sup>th</sup>.
3. All cheques must be made out to SXS Fitness Inc, including HST.