

STRENGTH FOR RUNNERS



- Strength for Runners is Back!
- This class is designed for intermediate/advanced runners of any age!
- Class focus: Injury prevention and improving performance through strength and power training.
- Classes will be Wednesdays at 10 am on 6/3, 6/10, 6/17, 6/24, 7/1, and 7/8
 - 4 week Package: \$120
 - 6 week Package: \$150

SIGN UP HERE!



Questions? Email
nadia@physioletept.com!

Take advantage! \$99 Summer Special at Element Fitness: 3 days/week for 4 weeks. Contact info@elementfitness.com.

All EF members receive 20% discount on class, must notify nadia@physioletept.com before signing up.

POWER FOR ATHLETES



- Power for Athletes is for ALL rotational athletes! Golf, tennis, baseball, softball, throwing, etc.
- Class focus: Starting with the foundational movements and progressively increasing resistance each week. Sport specific dynamic warm up, light agility, and basic plyometrics will also be performed.
- Classes will be 12:30-1:30 pm Monday and Wednesdays in June
- Dates: 6/1, 6/3, 6/8, 6/10, 6/15, 6/17, 6/22, & 6/24
- Cost: \$200

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MIGHTY MOVERS CLUB



- This class is designed for children about 4-8 years old.
- Class focus: Mighty Movers will take on fun obstacle courses, explore new ways to move their bodies, make (and enjoy!) a healthy snack, and get creative with art to reinforce what they're learning.
- Classes will be Monday's in June 1:30 – 3:30 PM on 6/1, 6/8, 6/15 & 6/22
- Cost: \$160

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FUNDAMENTALS OF STRENGTH & CONDITIONING



- Designed for young athletes—whether they're currently playing sports or getting ready for middle or high school athletics.
- Class focus: foundations of movement for performance, agility work, and plyometrics. Form will be at the center of our learning! Athletes will learn weight room safety & build a strong, age-appropriate understanding of strength and conditioning.
- Classes M-TH, 6/1-4
 - Beginner 10:30 -11:45 AM
 - Intermediate/Advanced 1:30 PM – 2:45 PM
- Cost: \$160

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Classes will continue into the summer based on interest and availability.

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