



2019/2020 Winter Training Schedule

248.844.3913

www.startinglinehealthandfitness.com



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am	Boot Camp: Strength	Boot Camp: Cardio & Core	Boot Camp: Intervals	Boot Camp: Cardio & Core	Boot Camp: Strength	7:00am Boot Camp
8:00am	Boot Camp: Endurance	Boot Camp: Cardio & Core	Boot Camp: Intervals	Boot Camp: Cardio & Core	Boot Camp: Strength	8:00am Boot Camp
9:00am	Boot Camp: Endurance	Boot Camp: Cardio & Core	Boot Camp: Intervals	Boot Camp: Cardio & Core	Boot Camp: Strength	9:00am Team Training Call for details
1:00pm	Pro/College 2-Hour Class	Pro/College 2-Hour Class	Pro/College 2-Hour Class	Pro/College 2-Hour Class	Pro/College 2-Hour Class	Team Training Our coaches are available for group speed, quickness, strength and injury prevention at your facility or ours!
3:00pm	Athletic Strength	Athletic Strength	Athletic Strength	Athletic Strength	Athletic Strength	
4:00pm	Team Training	Team Training	Team Training	Team Training	Team Training	
5:00pm	Sports Performance	Sports Performance	Sports Performance	Sports Performance	Sports Performance	
5:00pm	Rookies Ages 8-11	Rookies Ages 8-11	Rookies Ages 8-11	Rookies Ages 8-11	Rookies Ages 8-11	Private Training Take your training to new levels with your own private training sessions! Develop travel routines, increase strength, manage weight, its your program!
6:00pm	Boot Camp: Strength	Boot Camp: Cardio & Core	Boot Camp: Strength	Boot Camp: Intervals	Ask us about facility rentals and Boot Camp Fund Raising opportunities for your team or foundation!	
7:00pm	Team Training Call for details	Team Training Call for details	Team Training Call for details	Team Training Call for details	Team Training Call for details	



CLASS DESCRIPTION / SUMMARY:

Athletic Strength

-20 min Warm Up/Activation (turf), 40 min Sport specific strength cards (weight room)
 AGes = 13+ M, Tu, W, Th, F 60 min class

ROOKIES

-Concentrating on Form and Technique for our beginners.
 -Warm up, Speed Agility and Quickness drills, Conditioning drills, Coordination Drills, Body weight exercises, Core strength
 AGes = (8-11) M, Tu, W, Th, F 60 min class

Sports Performance

-10 minute Dynamic Warm up, 30 min Speed Agility and Quickness drills (turf), 20 min of Strength (weight room)
 AGes = 13+ M, Tu, W, Th, F 60 min class

Pro/College

-1 hour of Speed Agility and Quickness (turf), 1 hour of Strength (weight room)
 AGes = (College +) M, Tu, W, Th, F 2 hour class

PRICING:

(Athletic Strength, SAQ, Sports Performance, Combo)

-Individual	= \$25	-8 Session Package	= \$160	Unlimited (monthly)	= \$225
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(Pro/College)

-Individual	= \$30	-8 Session Package	= \$200	Unlimited (monthly)	= \$300
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(Rookies)

Individual Sessions = \$20
 (5) Sessions = \$75