

**Training Offered Winter – Early Spring 2019**

**Fitness Training and Performance Training**

**Adult Strength and Conditioning**

Adult Strength and Conditioning is for the person 18 and older interested in improving their physical fitness level and challenging themselves through training correctly. If you're not sure what to do, let us help. If you can't push yourself hard enough, give this class a try. If you want results, guidance, and education, without hurting yourself, this is for you. This training is designed as if we are training athletes to perform at the highest level of their sport, but individualized for your needs. The cost for 1 session at at time is $20; for a 4-pack of Sessions is $60; for a 10-pack of Sessions is $125. You can use your sessions for any of the Adult S&C classes Monday thru Friday each week. **A maximum of 6 participants in each session!**

**Strong Mom’s Performance Training**

Strong Moms Training is obviously for Moms! Moms looking to get back into shape after having a child. Moms looking to have the energy needed to keep up with their little one(s) all day. Moms looking to lose weight. But also, Moms find themselves in many awkward body positions in order to carry, bathe, move, and play with their little ones. Moms can gain specific strength and stability to make these positions easier to handle and decrease the discomfort they can cause. If you're a Mom who knows what I'm talking about, come out and give it a try. The cost for 1 session at a time is $20; for a 4-pack of Sessions is $60; for a 10-pack of Sessions is $125. You can use your sessions for any of the training sessions each week or with the Adult Strength and Conditioning sessions Monday thru Friday 12-1pm. **Maximum of 4 Moms in each Strong Moms' Session!**

**The Tactical Athlete Performance Training**

Tactical Performance Training is designed to challenge the Tactical Athlete. Firefighters, Police Officers, and Military Personnel each rely on their body to perform their job at the highest level and each has unique physical needs. We have worked with, rehabilitated, and trained each of these types of athletes and understand their needs and how to meet them. In order to make sure your body is ready to go from 0-100 mph at a moment's notice, but also balanced, stable, and strong enough to resist injury, come train with us. The cost for 1 session is $20; for a 4-pack of Sessions is $60; for a 10-pack of Sessions is $125. Your sessions can be used for any of the Tactical Athlete or Adult Training sessions each week. **Maximum 6 athletes per session!**

**Baseball Performance Training**

Baseball Performance/Injury Prevention Training is for the ballplayers looking to increase their strength and improve their speed, quickness, and reaction time, along with building the key components of Rotator Cuff Strength and Shoulder Stability to protect their arm and aid in increasing velocity. This training is for ballplayers ages 14-18. The cost for 1 session at a time is $20; for a 4-Pack of Sessions is $60; for a 10-pack of Sessions is $125. Sessions are 1 hour on Mondays-Wednesdays-Fridays and 1.5 hours on Saturdays. **Maximum of 6 Ballplayers in Each Session!!** Sessions can be interchanged with High School Athlete Performance Training!

**Soccer Performance Training**

Soccer Performance Training is for the soccer athlete looking to increase their overall strength and improve their speed, quickness, change of direction, and reaction time, along with improving their overall mobility and power. This training is for soccer players ages 14-18. The cost for 1 session at a time is $20; for a 4-Pack of Sessions is $60; for a 10-pack of Sessions is $125. Sessions are 1 hour on Mondays and Fridays, and 1.5 hours on Saturdays. **Maximum of 6 soccer players in each Session!!** Sessions can be interchanged with High School Athlete Performance Training!

**High School Athlete Performance Training**

This training is for the High School Athlete looking to improve their strength, power, speed, agility, quickness, balance, reaction time, and core strength in order to improve their overall athletic performance and decrease their chance of injury. This training is not specific to one sport; it is for every athlete! This training is for athletes ages 14-18. The cost for 1 session at a time is $20; for a 4-Pack of Sessions is $60; for a 10-pack of Sessions is $125. Sessions are 1 hour on Mondays-Wednesdays-Fridays and 1.5 hours on Saturdays. **Maximum of 6 athletes in each Session!!** Sessions can also be use with Baseball or Soccer Performance Training!

**Middle School Athlete Performance Training**

This training is for the Middle School Athlete looking to improve their body control and coordination, along with their strength, power, speed, agility, quickness, balance, reaction time, and core strength in order to improve their overall athletic performance and decrease their chance of injury. This training is not specific to one sport; it is for every athlete! This training is for athletes ages 11-13. The cost for 1 session at a time is $20; for a 4-Pack of Sessions is $60; for a 10-pack of Sessions is $125. Sessions are 1 hour on Mondays-Wednesdays-Fridays and 1.5 hours on Saturdays. **Maximum of 6 athletes in each Session!!**

**Contact AthletEdge at 480-296-8685 or** [**josh@athletedgetraining.com**](mailto:josh@athletedgetraining.com) **www.athletedgetraining.com**



**Personalized Training**

**1-on-1 Training – Personal Fitness or Sports Performance - $65.00 per 1-hour session**

Train to Reach your Goals! Train to improve your health and fitness or for Sports Performance. Whether trying to improve your strength, speed, agility, quickness, power, vertical jump, or reaction time, AthletEdge specializes in helping you reach your potential. We will also train you to achieve your best fitness level, help you feel your greatest, and assist you with managing your weight. The initial visit will be an in-depth, full body physical assessment. It will take about 90 minutes. The cost for this assessment is $100. Call/Text - 480-296-8685 or email - josh@athletedgetraining.com to schedule or with questions.

**Small Group Training – Fitness or Sports Performance**

Training in a small group can be motivating for family, friends, and teammates. It can be more fun to train and sweat with others as compared to on your own. It can also cut cost. Prices - 2 Participants - $45 each/session, 3 Participants - $35 each/session, 4 Participants - $30 each/session, 5 Participants - $25 each/session. Call/Text - 480-296-8685 or email - josh@athletedgetraining.com to schedule or with questions.

**Team Training – Sports Performance Training – Contact**

AthletEdge trains entire athletic teams together for Sports Performance, Injury Reduction, and Strength and Conditioning. We customize the training to meet your needs and goals and based on our assessment of your athletes. The initial and final session will be an assessment of each participant to analyze speed, power, agility, initial acceleration and other appropriate measurements based on the specific sport.

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**Large Group Training**

**Sunday Morning Power Break-FAST at MC**

Athletes 11-17 years old train to improve your strength, speed, agility, power, quickness, and reaction time while also decreasing your chance of injury! All athletes welcome! Come and learn how to move correctly and get better at the same time. We will meet each Sunday morning from 9-11am at Our Lady of Mt. Carmel School in Essex. The cost each Sunday is $10.

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