



STUDENT SPORTS CONDITIONING CAMP & PEAK FITNESS CENTER MEMBERSHIP



The Peak Fitness Center is now offering a Sports Conditioning Camp that will help take your athletic performance to the next level.

Week Sessions only \$40 Per Person!

Maximum of 8 people per camp

Monday	Tuesday	Wednesday	Thursday	Friday
Speed, Agility & Quickness Training	Power and Strength Training	Endurance Training combined with Speed Training	Power and Strength Training	Speed, Agility, & Quickness Training

Camp 1: July 6-10

Camp 2: July 20-24

Camp 3: July 27-31

Level 1: 7-8:30pm

Level 1 is designed for the beginner athlete looking to improve athletic performance and skills necessary for the junior & varsity level. Grades 7-9.

Level 2: 5-6:30pm

Level 2 is designed for the more experienced athlete who wants to improve overall athletic performance and skills necessary for becoming an elite athlete. Grades 10-12.

Camp includes unlimited use of the Peak Fitness Facility during Camp Week. This includes the Peak Pool, Hot Tub, Fitness Equipment and Locker Rooms.

REGISTRATION & PAYMENT

Advance registration required. To register, stop by or call the Peak Fitness Center at **800-968-7686 ext. 7300**. Lessons must be paid in full at the time of registration. Parents must sign an indemnity form prior to athletes first lesson or lesson will be cancelled without refund. Session classes are sold as a unit and not subject to pro-rates. Classes are non-refundable.

**Summer
Special!**

Peak Fitness Center Membership

Show your high school or college I.D. and receive a two month Peak Membership for only **\$99!**

Valid May, June & July, 2009. Ages 16-24.