

# THE ATHLETE FACTORY

## Fall 2017 Schedule

CLASS TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5/5:30-6:30am	Varsity Speed & Power		Varsity Speed & Power		Varsity Speed & Power		
9-10am	Total Strength (Lower)		Total Strength (Upper)		Metabolic Conditioning		
10-11am						Junior Varsity Speed & Agility	
3:30-4:30pm	Varsity Speed & Power	Varsity Speed & Power	Varsity Speed & Power	Varsity Speed & Power			
4:30-5:30pm		Varsity	Junior Varsity		Varsity	Junior Varsity	
5:30-6:30pm	Varsity	Junior Varsity	Varsity	Junior Varsity	Varsity	Junior Varsity	

*Classes subject to change or cancellation, be sure to check our Facebook page for updates on holidays.*

*Participants must register for each class in order to attend.*

## **ATHLETE CLASSES**

### **VARSITY STRENGTH AND POWER**

Our Varsity strength and power program is built for the High School athlete that is looking to take their game to the next level. Each athlete will go through an initial evaluation using the revolutionary Functional Movement Screen as well as The Athlete Factory testing guidelines. Based off of the testing results, the athlete will begin to properly progress through the strength and power program focusing on injury prevention, core strength, and building explosive power through proper training techniques and coaching. These athletes will be ready to step onto the field or court ready to dominate their competition. *For ages 13-18*

### **JUNIOR VARSITY SPEED AND AGILITY**

Young athletes looking to learn the fundamentals of movement, plyometrics, speed and agility training will benefit from this program. Focused on teaching our young athletes proper techniques that will serve as a foundation for their athletic base, our Junior Varsity program allows our young athletes to realize their potential on the field of the play. Each athlete will progress through these fundamentals to more advanced movements providing them with the skills, strength and power that will provide a strong foundation for athletic gains. *For ages 9-12 years of age*

## **ADULT TRAINING CLASSES**

### **TOTAL STRENGTH**

These classes are structured to take the place of a full body strength workout. The top priority of our Total Strength classes is to burn calories and build lean muscle to boost your metabolism for the long term. These classes are in sets of exercises for specific repetitions. You will use weights that are challenging for the set repetitions. Everyone goes at their own pace, but each week push yourself to lift a little more than you did the week before.

### **METABOLIC CONDITIONING**

Not your typical cardio class, Metabolic Conditioning is much more effective and exhilarating. This class will certainly get your heart rate up, burn calories and rev up your metabolism, providing you with all the great benefits cardio has to offer. Using equipment such as the TRX, kettle bells, battle ropes, medicine balls, sleds and more in an interval-style workout, you'll be sure to torch fat in this high energy, heart-pumping class.