



Athletic Development CAMPS & PROGRAMS

IMPROVE YOUR STRENGTH, MOVEMENT, SPEED, ENDURANCE, & TECHNIQUE THROUGH OUR ATHLETIC DEVELOPMENT SESSIONS AND CAMPS. WITH PROGRAMS DESIGNED FOR EVERY AGE, OUR SPORTS PERFORMANCE TRAINERS WILL HELP YOU MAKE THIS SEASON YOUR BEST!

YOUTH ATHLETIC DEVELOPMENT

PROGRAMS OPEN TO MEMBERS & NON-MEMBERS

HOW TO REGISTER



ONLINE REGISTRATION

Available to members only*

Register online at choicehf.com



Registration Forms available for download online at choicehf.com or in-person at Choice Health & Fitness. Forms can be turned in at Customer Service Desk.

CORE STRENGTH & AGILITY

Contact Info: Austin Jackson | sportstraining@choicehf.com | 701.746.2790

Full-body strengthening using body weight, medicine balls, kettlebells, and cables to develop body awareness and proper technique. Class emphasizes quick feet, change of direction, and core exercises to develop agility, core strength, and body awareness.

SESSION 1

3	27	26
SEPT.	SEPT.	AUG.

Reg. Deadline
Late Fee: \$10

REG. OPENS: JULY 29

Trainer: Austin Jackson

SESSION 2

30	25	23
SEPT.	OCT.	SEPT.

Reg. Deadline
Late Fee: \$10

REG. OPENS: AUG. 26

Location: PT Studio

SESSION 3

28	22	21
OCT.	NOV.	OCT.

Reg. Deadline
Late Fee: \$10

REG. OPENS: SEPT. 23

Max Class Capacity: 12

GIRLS & BOYS ELEMENTARY | 8 - 10 YEARS

DAYS	TIME	LOCATION	COST	SESS. 1 CODE	SESS. 2 CODE	SESS. 3 CODE
T & TH (girls)	3:45 - 4:15 pm	PT Studio	\$80 \$110 (non-mem)	FT3-32101	FT3-32102	FT3-32103
T & TH (boys)	4:45 - 5:15 pm	PT Studio	\$80 \$110 (non-mem)	FT3-32201	FT3-32202	FT3-32203

Trainer: Austin Jackson

Location: ICON

Max Class Capacity: 12

COED - MIDDLE SCHOOL | 11 - 13 YEARS

DAYS	TIME	LOCATION	COST	SESS. 1 CODE	SESS. 2 CODE	SESS. 3 CODE
M & W (girls)	4:00 - 4:45 pm	ICON	\$112 \$142 (non-mem)	FT3-32501	FT3-32502	FT3-32503
M & W (boys)	4:45 - 5:30 pm	ICON	\$112 \$142 (non-mem)	FT3-32601	FT3-32602	FT3-32603



PRESEASON TRAINING

Get ready for the upcoming winter sports seasons with our preseasons 5 or 7 week programs. These tailored private or team training groups will get you game ready by the start of the first game.

9 + **13**
SEPT. OCT. **ATHLETES 14 & UNDER PRESEASON**
5-WEEK PROGRAM

11 + **27**
SEPT. OCT. **HIGH SCHOOL PRESEASON**
7-WEEK PROGRAM

IN-SEASON WINTER SPORTS TRAINING

Stay game-ready throughout the entirety of the season with in-season sport specific training. Tailored training for individuals, teams, or groups to help you stay on top of the competition this season.

NOV + **DEC** **SESSION 1**
6-WEEK PROGRAM (DATES TBD)

JAN + **FEB** **SESSION 2**
6-WEEK PROGRAM (DATES TBD)

FOR PRESEASON & INSEASON TRAINING:

Coaches or parent representative contact the trainer of your choice to set up team training schedule.

Contact Info: sportstraining@choicehf.com | 701.746.2790

CHECK OUT ALL OUR TRAINERS ONLINE AT CHOICEHF.COM