

ATHLETIC DEVELOPMENT CAMPS & PROGRAMS

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 | ajackson@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.

Trainer: Caleb Fitch

Location: PT Studio

Max Class Capacity: 12

SESSION 1

3-28 **24**
MARCH MARCH FEB
Reg. Deadline
Late Fee: \$10

REG. OPENS: JAN. 27

SESSION 2

31-25 **24**
MARCH APRIL MARCH
Reg. Deadline
Late Fee: \$10

REG. OPENS: JAN. 27

SESSION 3

28-23 **21**
APRIL MAY APRIL
Reg. Deadline
Late Fee: \$10

REG. OPENS: JAN. 27

ELEMENTARY | 8 - 10 YEARS

| DAYS | TIME | COST | SESS. 1 CODE | SESS. 2 CODE | SESS. 3 CODE |
|----------------|-------------------|------------------------|--------------|--------------|--------------|
| T & TH (boys) | 4:00 pm - 4:30 pm | \$80 / \$110 (non-mem) | FT1-32101 | FT1-32102 | FT1-32103 |
| T & TH (girls) | 4:45 pm - 5:15 pm | \$80 / \$110 (non-mem) | FT1-32201 | FT1-32202 | FT1-32203 |

MIDDLE SCHOOL | 11-13 YEARS

| DAYS | TIME | COST | SESS. 1 CODE | SESS. 2 CODE | SESS. 3 CODE |
|---------------|-------------------|------------------------|--------------|--------------|--------------|
| M & W (girls) | 4:00 pm - 4:30 pm | \$80 / \$110 (non-mem) | FT1-32501 | FT1-32502 | FT1-32503 |
| M & W (boys) | 4:45 pm - 5:15 pm | \$80 / \$110 (non-mem) | FT1-32601 | FT1-32602 | FT1-32603 |

DON'T SEE A TIME THAT WORKS FOR YOU OR YOUR TEAM? NO PROBLEM!

Contact Chris Langei or Austin Jackson to coordinate a time that works with your schedule - sportstraining@choicehf.com | 701.746.2790



SPORTS
TRAINING



SPRING ATHLETIC TRAINING

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

Spring Athletic Training is a comprehensive program designed to help middle school and high school athletes prepare for their spring season. Get a head start on your competition and make this your best spring season yet by getting in peak condition before your first practice. Trainer supervision and recording cards provided.

MARCH 17 - MAY 22 (10 WEEKS)

| DAYS | TIME | LOCATION | COST (4X PER WEEK) | COST (3X PER WEEK) |
|-------------|-------------------|--------------------------|--------------------|--------------------|
| Mon - Thurs | 2:00 pm - 6:00 pm | Altru Performance Center | \$500 | \$375 |

MARCH 31 - MAY 22 (8 WEEKS)

| DAYS | TIME | LOCATION | COST (4X PER WEEK) | COST (3X PER WEEK) |
|-------------|-------------------|--------------------------|--------------------|--------------------|
| Mon - Thurs | 2:00 pm - 6:00 pm | Altru Performance Center | \$400 | \$288 |

APRIL 14 - MAY 22 (6 WEEKS)

| DAYS | TIME | LOCATION | COST (4X PER WEEK) | COST (3X PER WEEK) |
|-------------|-------------------|--------------------------|--------------------|--------------------|
| Mon - Thurs | 2:00 pm - 6:00 pm | Altru Performance Center | \$300 | \$225 |

HOW TO REGISTER

Registration Forms will be available at the Choice Health & Fitness Customer Service Desk or Contact **Austin Jackson** | ajackson.choicehf@gmail.com | 701.746.2790 for more information.