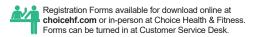


#### PROGRAMS OPEN TO MEMBERS & NON-MEMBERS

**HOW TO REGISTER -**





# **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



REG. OPENS: IAN. 27

SESSION 2



24 MARCH Reg. Deadline Late Fee: \$10

REG. OPENS: JAN. 27

SESSION 3





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



# 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 supervison and recording cards provided.

## **MARCH 17 - MAY 22 (10 WEEKS)**

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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.