



Do You XL?

Welcome to XL™ Athletic Performance
www.XLPlayLarge.com

Athletic Performance

Academic Year Programs

*Programs run continuously September through May
 Sign up for your Assessment and get started today!*

Program Focuses: Linear speed and acceleration development to gain that extra step; Explosive plyometric drills to help you get off the ground faster and elevate higher; Footwork and agility training for quick and controlled change of direction; Core stability and strength development required to maintain proper body position and prevent injury; An introduction to fundamental resistance training techniques to create the strength and power.

[Middle School All Sport]

Days	Session One	Session Two
Mon - Thurs	4:00-5:00 pm	6:00-7:00 pm
Fridays	4:00-5:00 pm	

Program Costs:

8-week program.....2x per week / \$190. 3x per week / \$265
 12-week program.....2x per week / \$265 3x per week / \$375

[High School All Sport]

Days	Session One	Session Two
Mon - Thurs	4:00-5:30 pm	6:00-7:30 pm
Fridays	4:00-5:30 pm	

Program Costs:

8 week program.....2x per week / \$265 4x per week - \$470
 12 week program.....2x per week / \$375 4x per week - \$680

Movement Chain / Performance Assessments: Required for all athletes participating in the All Sport programs. Assessments will be scheduled on Mondays and Wednesdays at 5:00 pm. The initial assessment fee is \$50 (\$25 for Bellin Fitness Center members) which also includes a post assessment following completion of their 8 or 12-week program.

Call today to reserve your spot!
 (920)430-4722

