



Do You XL?

Welcome to XL™ Athletic Performance
www.XLPlayLarge.com

Athletic Performance

[Off-Season Football]

What are your Spring Plans to improve as a Football Athlete?

Join XL Athletic Performance for a 9-week session and reach your full potential.

Program Focuses: Linear speed and acceleration, grass based agility and change of direction, and explosive plyometric training to help you gain that extra step; Core stability and strength development required to maintain proper technique and pad level; Conditioning to prepare you for the rigors of summer pre-season training; Resistance training with an emphasis on explosive Olympic lifting techniques to create the strength and power necessary to win the individual battles on every snap of the ball.

Starting March 29, 2010

Session	Days	Time	Price
Off-Season Football*	Mon/Wed	5:00-6:30 pm	\$325**

**Please see reverse side of flyer for Team Training price information.*

***Price includes a full 9-week membership to Bellin's Wellness Facility !*

Registration Form

Deadline: March 24, 2010

Athlete's Name _____

Age _____

Address _____

Home Phone _____

City _____ Zip _____

E-mail _____

Personal Goal _____

School _____

Off-Season Football Mon/Wed, 5:00-6:30 pm

Please call 430 -4722 to reserve your spot.

Participation waiver must be completed prior to program start date.

____ Check Enclosed (Please make check payable to Bellin Health .)

Please Return To:
XL Athletic Performance
1630 Commanche Avenue
Green Bay, WI 54313

bellinhealth

Team Training Pricing & Available Times

■ XL Team Training Prices

12-15 Athletes	60 Minutes	90 Minutes	
8 Week Program 2x	\$150.00/Athlete	\$225.00/Athlete	16 Sessions
8 Week Program 3x	\$225.00/Athlete	\$340.00/Athlete	24 Sessions
8-11 Athletes	60 Minutes	90 Minutes	
8 Week Program 2x	\$170.00/Athlete	\$255.00/Athlete	16 Sessions
8 Week Program 3x	\$255.00/Athlete	\$385.00/Athlete	24 Sessions
5-7 Athletes	60 Minutes	90 Minutes	
8 Week Program 2x	\$190.00/Athlete	\$285.00/Athlete	16 Sessions
8 Week Program 3x	\$285.00/Athlete	\$430.00/Athlete	24 Sessions

■ XL Team Training Available Days and Times

Monday & Wednesday	3:30 - 4:30 pm	4:00 - 5:00 pm	3:30 - 5:00 pm
Tuesday & Thursday	3:30 - 4:30 pm	4:00 - 5:00 pm	3:30 - 5:00 pm
Monday & Wednesday	5:00 - 6:00 pm		
Tuesday & Thursday	5:00 - 6:00 pm		
Tuesday & Thursday	6:30 - 7:30 pm	7:00 - 8:00 pm	6:30 - 8:00 pm
Monday & Wednesday	7:30 - 8:30 pm		
Tuesday & Thursday	7:30 - 8:30 pm		
Friday	3:30 - 6:00 pm		

Call today to reserve your spot!

(920)430-4722

XL Athletic Performance
1630 Commanche Avenue
Green Bay, WI 54313

bellinhealth