



Do You XL?

Welcome to XL™ Athletic Performance
www.XLPlayLarge.com

Athletic Performance

[Off-Season Active Recovery]

Want to keep your competitive edge between seasons?

Join XL Athletic Performance for this 8-week session specifically designed to allow your body to recover from your winter sport while preparing for summer pre-season training.

Program Focuses: Regaining strength and flexibility, preventing injuries such as chronically tight muscles, knee & ankle pain, shin splints, and stress fractures through flexibility, core, and strength training. Dynamic warm-up, core strengthening, weight room strength training with an introduction to olympic lifting, and flexibility work will be used to transition athletes out of their winter sport and prepare them for pre-season training leading up to their fall season.

Starting April 5, 2010

Session	Days	Time	Price
Off-Season Active Recovery*	Mon/Wed	4:00-5:00 pm	\$250**

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

***Price includes a full 8 -week membership to Bellin's Wellness Facility! **

Registration Form

Deadline: March 31, 2010

Athlete's Name _____

Age _____

Address _____

Home Phone _____

City _____ Zip _____

E-mail _____

Personal Goal _____

Off-Season Active Recovery Mon/Wed, 4:00-5:00 pm

- Please call 430 -4722 to reserve your spot.
- Participation waiver must be completed prior to program start date.

___ Check Enclosed (Please make checks 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

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