



Do You XL?

Welcome to XL™ Athletic Performance
www.XLPlayLarge.com

Athletic Performance

[Track & Field]

What are your Winter Plans to improve as an Athlete?

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

Program Focuses: Preparing athletes for the rigors of in-season training by building a solid strength base, enhancing running technique, and increasing overall explosiveness. This will be accomplished through consistent dynamic warm-up, form running, plyometric training, core stability work, weight room strength training including olympic lifting, and flexibility enhancement.

Starting January 5, 2010

Session	Days	Time	Price
Track & Field*	Tues/Thurs	5:00-6:30 pm	\$325**

**Please see reverse side of flyer for Team Training information.
**Price includes a full 9-week membership to Bellin's Wellness Facility!*

Registration Form

Deadline: December 30, 2009

Athlete's Name _____

Age _____

Address _____

Home Phone _____

City _____ Zip _____

E-mail _____

Personal Goal _____

School _____

Track & Field • Tues/Thurs, 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



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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bellinhealth