



Sterling's
TEAM SPEED
 THE TRAINING STARTS HERE

**SIGN UP BEFORE OCTOBER
 1ST AND HAVE NO \$199
 INITIATION FEE!**

YOUTH SPORTS PERFORMANCE MEMBERSHIP!!

HIGH SCHOOL PROGRAM

Weight Lifting & Technique
 Post-Game & Training Recovery
 Power – Explosiveness -Strength
 Mental Preparation
 Core Strength
 Sports Recovery
 Injury Prevention

ELEMENTARY & MIDDLE SCHOOL PROGRAM

Speed & Agility
 Conditioning
 Injury Prevention
 Flexibility
 Strength Training
 Post-Game & Training Recovery
 Mental Toughness/Coaching
 Support

ALL MEMBERSHIPS

WILL INCLUDE

Unlimited Classes
 5 Days a week
 Athletic Performance
 Testing
 Free Cardio Xpress
 Recovery Center Member
 Discounts

PRICING- PER MONTH

Month to Month- \$199
 6 Months- \$179
 12 Months- \$129
 Sibling Discount- \$69
 Each Additional Sibling- \$25

Class Schedule October 1st 2016- May 31st 2017

Age Group	Sunday	Monday	Tuesday	Wednesday	Thursday
HS 9-12	1-2 pm	6:30 pm	7:30 pm	6:30 pm	7:30 pm
MS 6-8	2-3 pm	5:30 pm	6:30 pm	5:30 pm	6:30 pm
ES 3-5	3-4 pm	4:30 pm	5:30 pm	4:30 pm	5:30 pm

Class Schedule June 1st 2017- August 31st 2017

Age Group	Monday	Tuesday	Wednesday	Thursday	Friday
HS 9-12	8-9 am	4:30-5:30pm	8-9 am	4:30-5:30pm	8-9 am
MS 6-8	9-10 am	5:30-6:30pm	9-10 am	5:30-6:30pm	9-10 am
ES 3-5	9-10 am	6:30-7:30pm	9-10 am	6:30-7:30pm	9-10 am

For more information or to sign up call or email Kira at 303-779-3640 or kira@teamspeedco.com

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