

# SET THE PACE

The Grand Forks Park District and Center Court Fitness Club are proud to offer Pre-Season Track training to help athletes set the PACE on the track this season.

## TRACK TRAINING PACKAGES

### **A. Athletic Republic Full RTM Pre-Season Training \$315\***

This 8-week program consists of pre-testing, post-testing, 12 sessions on the patented Super Treadmill and 6 plyometric sessions. This program is proven to increase linear or sprinting speed, explosive power for a quicker first step or vertical elevation, and active recovery to sustain performance at game speed. \*\$365 for non Center Court Fitness Club Members. Contact membership department for information on rates and member benefits 746-2790.

### **B. Athletic Republic Modified RTM Pre-Season Training \$150\***

This is a condensed version of the Full RTM program for athletes that are unable to train 3 times per week. Better results are expected with the full program. \*\$200 for non-Center Court Fitness Club members. Contact membership department for information on rates and member benefits 746-2790.

### **C. Core Agility Classes \$50\***

These classes combine plyometric drills, agility drills, footwork drills, eye hand coordination, body awareness and sports specific adaptations. Session dates: Jan. 3-27th or Feb. 7-24th. Athletes can choose between Mon. & Wed. at 4:00pm or Tues. & Thurs. at 3:30pm. \*\$75 for non-Center Court Fitness Club members.

### **D. Individual Strength & Conditioning \$50\*\***

This training package is designed to prepare the athlete for the demands of the season. By integrating strength training, sport specific skill development, and game situation conditioning into a efficient and effective preseason workout. The athlete will meet with a personal trainer 2 times to ensure proper technique and execution of the designed workouts. \*\* Athlete must be a member of Center Court Fitness Club. See membership department for rates and benefits.

### **E. Center Court Fitness Club Membership \$18/mth.**

This package is a membership to Center Court Fitness Club. As members the athlete will have full use of the weight rooms and group exercise classes to keep up with the demands of track season.

## All Training Held at Center Court Fitness Club

For more information and to sign up  
contact: Chris Langei or Mike Orr, 746-2790

