



p r e s e n t s

# WELLNESS & FITNESS PROGRAM

Supported by Speed Lab - a Universal Speed Rating Program ([universalspeedrating.com](http://universalspeedrating.com))

## NOW ENROLLING YOUTH & YOUNG ADULTS!

A full-body, full-mind experience designed to empower our community through fitness, health, academic support, and mentorship.



### PROGRAM SCHEDULE

#### - ATHLETIC DEVELOPMENT (MON, WED, FRI):

- AGILITY, SPEED DEVELOPMENT, RESISTANCE TRAINING, CHANGE OF DIRECTION, SPORTS NUTRITION

#### -HEALTH & WELLNESS (TUES & THURS):

- HEALTHY LIFE SKILLS, ACADEMIC SUPPORT, NUTRITIONAL INFORMATION

ALL SESSIONS ARE 75 MINUTES



### BONUS PROGRAMS

YOUTH & HS SPORTS TEAMS ARE WELCOME (APPLICABLE FEES)



### PROGRAM BENEFITS

- BUILD STRENGTH, SPEED, & CONFIDENCE
- LEARN HEALTHY HABITS FOR LIFE
- MENTORSHIP THAT MOVES YOU
- SAFE, SUPPORTIVE ENVIRONMENT

### MEMBERSHIP OPTIONS

#### PLATINUM PASS: \$250/MONTH

UNLIMITED ACCESS TO ALL SESSIONS AND WORKSHOPS PER MONTH

#### GOLD PASS: \$125/MONTH

ACCESS TO 6 CLASSES PLUS 1 ENRICHMENT SESSION PER MONTH

#### DROP-IN RATE: \$65/SESSION

\*INCLUDES PARTICIPATION GROUPS



### LOCATION

456 EAST AVE. K4 #8,  
LANCASTER, CA 93535

## SCAN HERE!

