

Functional Performance

Speed, Strength & Power

Attention Serious Athletes

Prepare for the upcoming sports season through an intensive sport specific workout designed to:

- Maximize on-the-field performance
- Improve sport specific movements
- Prepare yourself for the fall season
- Increase power, strength, and speed
- Work with a certified, knowledgeable strength and conditioning coach

This program designates 45 minutes per session to speed and agility on the New Balance Track & Field and 45 minutes to strength and power in our fitness center.

Previous clients include:

High school varsity athletes
NCAA Division III athletes
Minor League Baseball players

NCAA Division I athletes
Major League Baseball players
Professional soccer players

Sessions:

FT631 Mondays and Thursdays

5:00 PM to 6:30 PM June 23 – August 22

FT631A Mondays and Thursdays

7:15 PM to 8:45 PM June 23 – August 22

FT631B Wednesdays and Fridays

7:00 AM to 8:30 AM June 25—August 23

**For more information or to register, contact Dan Mandell
danm@westsuburbanymca.org or 617-244-6050 ext. 3034**



West Suburban YMCA

www.westsuburbanymca.org