



## ADULT FITNESS TRAINING



At E.A.T.S. we believe that **EVERYONE IS AN ATHLETE!** This program is designed for the recreational athlete and fitness enthusiast to improve overall athleticism and general fitness level in a fun and challenging sports performance style class setting implemented by our Professional Strength & Conditioning Coaches.

Raise your level of fitness and Athleticism in this full body Strength & Conditioning Training Session. Classes incorporate a variety of challenging and intense, functional and sports performance based exercises guaranteed to improve your strength, endurance, and overall fitness level.

### Real World Strength Development Schedule

Mon	Tues	Wed	Thurs	Fri	Sat
7:30 am	9:00am	7:30 am	9:00am	7:30 am	9:00 am

***SUPERIOR TRAINING... DOMINATING PERFORMANCE!***



## **Real World Athlete Program Pricing**

### **Monthly Training Packages**

**1 x Week \$120 / Month**

**2 x Week \$240 / Month**

**3 x Week \$360 / Month**

## **Individual Personal Fitness Training**

Looking for a more individualized training program? Our professional Strength & Conditioning Coaches can work with you one on one, by appointment and design a program specifically for you!

### **Personal Fitness Training Pricing**

**8 Session Package**

**\$560**

### **E.A.T.S. Performance Center**

**4980 Boiling Brook Parkway Rockville MD. 20852**

**[www.EliteAthleteTraining.com](http://www.EliteAthleteTraining.com) / 240-498-9647**

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