



The "Real World Athlete" Corporate Training Camp

Your Business is your **"Team"**. The best teams in business, as in sports work hard together to accomplish their goals. At Elite Athlete Training Services We believe that **EVERYONE IS AN ATHLETE!** We coach our Corporate Fitness Clients like an athletic team to ensure they bring their best for us and for your business. Our Professional Strength & Conditioning Coaches provide a fun and challenging sports performance style setting designed to improve health, fitness, moral and team work!

PROGRAM HIGHLIGHTS

HEALTH & FITNESS

- Improve Mobility
- Improve Core Strength
- Improve Functional Fitness Level
- Improved Cardiovascular Fitness

TEAM DEVELOPMENT

- Boost Team Moral
- Improve Team Work
- Promote Positive Team Environment
- Provide a Fun & Challenging Experience

Real World Strength Development Schedule

Mon	Tues	Wed	Thurs	Fri	Sat
7:30 am	9:00am	7:30 am	9:00am	7:30 am	
5:00 pm		5:00 pm		5:00 pm	9:00 am

SUPERIOR TRAINING... DOMINATING PERFORMANCE!



Real World Athlete Corporate Pricing

Monthly Training Packages

(Minimum 5 Participants)

1 x Week \$100 (4 Sessions)

2 x Week \$180 (8 Sessions)

3 x Week \$240 (12 Sessions)

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

\$480

E.A.T.S. Performance Center

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