E.A.T.S.

Elite Athlete Training Services, LLC.

COLLEGE LEVEL PERFORMANCE TRAINING

Are you ready to compete with the best athletes in the country?

Our **College Level Performance Program** offers the highest level of training designed to maximize your athletic development while supporting the longevity of your career.

The Game is Bigger, Faster, Stronger, and Better… So You Must Be Too!

Program Benefits

- Injury Prevention & Corrective Exercise
- Improved Flexibility & Mobility
- Improved Core Strength
- Improved Strength & Power

- Improved Acceleration & Speed
- Improved Quickness & Agility
- Improved Sport Specific Conditioning Level
- Improved Sports Nutrition

COLLEGE PERFORMANCE TRAINING SCHEDULE

Advanced Strength Development Group Training

Training Available By Appointment Monday-Saturday (AM-PM)

Speed, Agility & Conditioning (SAC) Class

Monday/Wednesday	Tuesday/Thursday	Saturday
4:00 pm	4:00 pm	9:45 am

SUPERIOR TRAINING… DOMINATING PERFORMANCE!

E.A.T.S.
Elite Athlete Training Services, LLC.

Our Comprehensive Performance Training Program addresses **Speed**, **Agility** & **Conditioning** training as well as full body **Strength Development** to ensure injury prevention and performance enhancement!

DOMINATION in season is EARNED in the off-season!

To ensure quality of instruction & the development of each athlete Advanced Strength Blocks are limited to 6 Athletes and SAC classes are limited to 20 participants.

MONTHLY TRAINING PACKAGES

1 Month SAC Class		1 Month Advanced Strength Development Training	
1 Class per Week	$90	1 Session per Week	$180
2 Classes per Week	$170	2 Sessions per Week	$360
3 Classes per Week	$240	3 Sessions per Week	$540

1 Month
Total Performance (Adv. Strength Dev. & SAC)

Total Performance # 1
1 Adv. Strength Dev. / 2 SAC per Week $280

Total Performance # 2
2 Adv. Strength Dev. / 2 SAC per Week $440

Total Performance # 3
2 Adv. Strength Dev. / 3 SAC per Week $500

Total Performance Unlimited $660

E.A.T.S. Performance Center
4980 Boiling Brook Parkway Rockville MD. 20852
www.EliteAthleteTraining.com / 240-498-9647

SUPERIOR TRAINING... DOMINATING PERFORMANCE!