



COLLEGE ATHLETES

SUMMER 2017

May 30 until August 19

ProForce has put together a summer program which implements the best training available to help committed college athletes thrive and achieve optimal results!

Sacrifice = Success...either you're in at this level, or you're out!

Schedule:

Mondays – Strength and Conditioning (10:30 – 12:00 pm & 5:30-7:00 pm)

Tuesdays – Strength and Conditioning (10:30 – 12:00 pm & 5:30-7:00 pm)

Wednesdays – Mobility (10:30 – 12:00 pm & 5:30-7:00 pm)

Thursdays – Speed and Strength (10:30 – 12:00 pm & 5:30-7:00 pm)

Fridays – Strength and Conditioning (10:30 – 12:00 pm & 4:30-6:00 pm)

Saturdays – Optional/Conditioning (10:00 – 11:00 am)

5 days a week + absolute effort each day = Full Commitment

College Pricing:

(Package must be selected upfront)

6 weeks = \$420 (Work 1 Camp - \$400)

12 weeks = \$775 (Work 1 Camp - \$700)

Payment is due upfront and installment payments can be arranged with an active credit card on file. If you decide to utilize the 6 or 12 week program, THEY MUST BE COMPLETED IN CONSECUTIVE WEEKS! No picking and choosing weeks. Only 5 makeups will be granted through High School Performance Training group training classes. NO EXCUSES.

** There is the option to attend drop-in sessions at a rate of \$25 each if your schedule does not allow for attendance of workouts on a regular basis

COME EVERYDAY PREPARED TO WORK! LEAVE EGO AT THE DOOR... RESPECT ALL!!!

LET'S HAVE A GREAT SUMMER!! TRAIN INSANE!!