

SPORTS PERFORMANCE TRAINING

Sports performance training will train your athlete with cardio conditioning, muscular endurance, strength, flexibility and balance. The purpose of this training is to help athletes transfer what they have learned and developed from the gym to their game.

Classes will be instructed by Erik and Rebecca Christensen. We recommend this training for athletes in all sports that require speed, strength and coordination.

Classes are intended for any athlete in grades 5-9. They must be committed to improving their current athletic skills with a willingness to work at a high level of intensity. These classes will require maximum effort and commitment.

Training cost - 2 sessions/week = \$120.00/4 week session

Current Class Schedule - Sundays 2:30 -3:30 p.m.
Wednesdays 8:00-9:00 p.m.

Signing up for Classes - Please feel free to contact us at (513) 479-8498 or by email at rchristensen001@cinci.rr.com. Classes have limited space. We do offer personalized class sessions. Please contact Erik or Rebecca Christensen for more information.

Session 1 beginning Wednesday, June 2

Payment and Payment Method - Training can be purchased by cash, check or credit card. Payment will be collected on the 1st day of each training cycle and must cover the cost of the entire 4 week cycle. Checks can be made payable to Erik or Rebecca Christensen.

No Refunds - Since training space will need to be rented and reserved up front, classes will need to be paid for on the first day of training and we will be unable to provide refunds for missed training sessions.

Joining a 4 week cycle after it has already started - Athletes can join in a training cycle at anytime if the class that is being offered is not full. The cost will be calculated by pro-rating at the time of sign-up.

Location - Sports Performance Training Class will be held at TNT Nitro Elite Gym in Maineville, Ohio.
TNT TUMBLE, CHEER & DANCE
110 GRANDIN ROAD
MAINEVILLE, OHIO 45039
www.tnttumble.com

All information is subject to change.
We reserve the right to cancel sessions due to lack of attendance.

Please Note: A physician's approval is recommended prior to beginning an exercise program.
**All attendees must have a TNT waiver form signed by a parent or legal guardian before participating.