



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

H.E.A.T.

High Energy Athletic Training MASSAD FAMILY YMCA

High Energy Athletic Training is an 8 week program that includes pre and post training assessments and specific training techniques to help athletes set and obtain goals in order to reach their full potential. The instructor Chris Pellegrino is a Registered Strength and Conditioning Coach for the National Strength and Conditioning Association.

The class will focus and help improve the following:

- Speed
- Quickness
- Vertical Jump
- Strength
- Core Stabilization
- Overall Athletic Ability
- Agility
- First Step
- Acceleration
- Power
- Stabilization
- Confidence



WHEN: Mondays & Wednesday
June 17th – Aug 7th

TIME: 7:00 - 8:00pm

PRICING: \$200 Members (8 weeks)
\$275 Non-members (8 weeks)

DROP IN: \$15 Members
\$20 Non-members

LOCATION: MASSAD FAMILY YMCA
212 Butler Rd.
Falmouth, VA 22405

The best teams and players are in the best shape!! Get a leg up on the competition with H.E.A.T.

For additional information please contact Chris Pellegrino:
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571-330-3335