

Effective 8/22/16 - 5/27/17 **visit TrainatForce.com for most up to date schedule

PERFORMANCE *Central*

Fast. Athletic. Explosive.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PERFORMANCE GROUPS	4:00PMPM / 7:30PM - RR 4:00PM / 7:30PM - RICHMOND	4:00PMPM / 7:30PM - RR 4:00PM / 7:30PM - RICHMOND	4:00PMPM / 7:30PM - RR 4:00PM / 7:30PM - RICHMOND	4:00PMPM / 7:30PM - RR 4:00PM / 7:30PM - RICHMOND		10:00AM - RR 9:00AM - RICHMOND
INTRO SESSION		5:30PM - RR	5:30PM - RICHMOND			11:30AM - RR 10:30AM - RICHMOND
COLLEGIATE PROGRAM	BY APPT. **COLLEGIATE ATHLETES ALSO HAVE ACCESS TO ALL GROUPS ON PERFORMANCE GROUP SCHEDULE.	BY APPT.	BY APPT.	BY APPT.	BY APPT.	BY APPT.
ATHLETE 101	5:30PM - RR 5:30 PM - RICHMOND			5:30PM - RR 5:30 PM - RICHMOND		
TEAM TRAINING	BY APPT. - EMAIL KRIS@FORCE-SPORTS.COM TO SCHEDULE					
ADULT - FITPURSUIT	5:45AM - RR 9:00AM - RR 6:30PM - RR	5:45AM - RR	5:45AM - RR 9:00AM - RR	5:45AM - RR 6:30PM - RR	5:45AM - RR 9:00AM - RR	9:00AM - RR
PERSONAL TRAINING	BY APPT. - EMAIL HEATHER@FORCE-SPORTS.COM TO SCHEDULE					

PROGRAM DESCRIPTION

PERFORMANCE GROUPS AGE 13-18 / 90 MIN	90 MIN OF FOCUSED, HIGH INTENSITY TRAINING. INDIVIDUAL TRAINING PLANS PROVIDE COMPREHENSIVE DEVELOPMENT IN SPEED MECHANICS, STRENGTH AND POWER. FUEL AND RECOVERY METHODS ARE ALSO IMPLEMENTED TO ENSURE THE ATHLETE IS READY TO COMPETE. SCHEDULE INTRO SESSION TO START: EMAIL KRIS@FORCE-SPORTS.COM
INTRO SESSION AGE 13-18 / 60MIN	60 MIN SESSION TO INTERPRET PERFORMANCE AND IDENTIFY ATHLETE SPECIFIC TRAINING POINTS. EXIT THE SESSION WITH A PROFILE AND TRAINING OPTIONS. TO SCHEDULE EMAIL KRIS@ FORCE-SPORTS.COM
COLLEGIATE PROGRAM AGE 18+ / 90MIN	DESIGNED SPECIFICALLY TO MEET THE DEMANDS OF COLLEGIATE ATHLETICS. TRAINING IS ATHLETIC SPECIFIC AND WILL INCLUDE A REVIEW OF COLLEGE TRAINING PACKET, ANNUAL PERFORMANCE. 90 MIN OF FOCUSED, HIGH INTENSITY TRAINING. INDIVIDUAL TRAINING PLANS PROVIDE COMPREHENSIVE DEVELOPMENT IN SPEED MECHANICS, STRENGTH AND POWER. FUEL AND RECOVERY METHODS ARE ALSO IMPLEMENTED TO ENSURE THE ATHLETE IS READY TO COMPETE. SCHEDULE INTRO SESSION TO START: EMAIL KRIS@FORCE-SPORTS.COM
ATHLETE 101 AGE 9-12 / 60MIN	60 MINUTE SESSION OF HIGH ENERGY, ACTIVE TRAINING THAT BUILDS THE FUNDAMENTAL QUALITIES OF AN ATHLETE. FUEL, STRENGTH, COORDINATION, ATHLETICISM, AND MENTAL APPROACH.
TEAM TRAINING	PREPARE TO COMPETE AS A TEAM. OUR TRAINING ENVIRONMENT ENGAGES THE INDIVIDUAL ATHLETE AND ACCELERATES TEAM DEVELOPMENT THROUGH ACTIVE TRAINING AND PERFORMANCE COACHING: IMPROVE ATHLETICISM, DEVELOP STRENGTH AND POWER, ENHANCE PLAYER RECOVERY.
FITPURSUIT - ADULT AGE 18+ / 60MIN	60 MINUTE TRAINING SESSIONS THAT TEST YOUR LIMIT AND SHOW YOU WHAT IS POSSIBLE! INSPIRED BY OTHER LIKE MINDED INDIVIDUALS AND GUIDED BY OUR PROFESSIONAL STAFF, THIS TRAINING CLASS SPECIALIZES IN FUNCTIONAL STRENGTH AND ANEROBIC CONDITIONING TO BUILD A BODY WITH A SINGLE FOCUS IN MIND: STRONG. LEAN. FIT.
PERSONAL TRAINING - ADULT	SCHEDULE 1 ON 1 OR PARTNER PERSONAL TRAINING WITH OUR PROFESSIONAL COACHES. TO SCHEDULE EMAIL HEATHER@FORCE-SPORTS.COM

TRAINING CENTER OF



FORCE SPORTS

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