

NEW THIS SUMMER Teen Athletic Performance Training @ BHC



with Jamie
Becker

SAQ & Plyo

Speed, Agility and Quickness. Build Velocity, Power and Strength!



Beverly Hills Club

31555 Southfield Rd,
Beverly Hills, MI 48025



Goals of the Program

- Improve Speed, Agility & Quickness
- Increase Muscular Endurance
- Increase Muscular Hypertrophy
- Increase Mobility
- Build Growth Mindset

For Teen boys & girls 13yrs and older

MEETS:

MON & FRI 10:30A-12P

SESSION DATES:

JUNE 10-JULY 19

JULY 22-AUG 30

COST/SESSION
MEMBER/OTHER

\$396 / \$480

Register Online Now



www.BeverlyHillsClub.com