

NEW

Youth Athletic Performance Training

FOR BOYS & GIRLS
MIDDLE SCHOOL -HIGH SCHOOL



with Jamie
Becker

Fall 2024

Fall 1 | Sept 3-Oct 6

Meets 5 wks,
Registration opens
online Aug 12th for members
& Aug 14th for others**

Fall 2 | Oct 7-Nov 17

Meets 5 wks, off Halloween 10/31
Registration opens
online Sep 15th for members
& Sep 17th for others

BHC

BEVERLY HILLS CLUB

Register Online Now

www.BeverlyHillsClub.com

SAQ & Plyo

Speed, agility, and quickness. Develop velocity, power, and strength!

Goals of the Program

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

Meets:
Thu @ 5-6pm

Cost: Member/other
\$116 / \$140**

**Annual Non-Member Fee

Fee for an Individual is \$29, and \$39 for a Family. Register online. This is necessary to take part in club activities, programs, and services for non-members. As a extra bonus you will receive a Guest Pass valued at \$25 individual and \$40 family

📍 31555 Southfield Rd, Beverly Hills, MI 48025 (248)642-8500