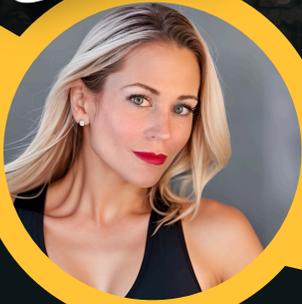


NEW

Youth Athletic Performance Training

FOR BOYS & GIRLS
MIDDLE SCHOOL -HIGH SCHOOL



with **Jamie
Becker**

Fall/Winter 2024

Fall 2 | Oct 7-Nov 17

Meets 5 wks, off Halloween 10/31
Registration open.

Winter 3 | Nov 21-Dec 19

Meets 4 wks, off Thanksgiving 11/28
Registration is open.

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

Fall 2 \$116 / \$140 Winter 3 \$93 / \$112

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

*Administrative Fee Applies.

BHC

BEVERLY HILLS CLUB

[Register Online Now](#)

www.BeverlyHillsClub.com



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