

# Youth & Teen Training



with Jamie  
Becker

**NEW**

## Intro to Strength Training & Conditioning

FOR BOYS & GIRLS 7-10yrs

Meets: Monday 5-6p

### Goals of the Program

- Learn Foundational Fitness Movements
- Increase Confidence
- Increase Endurance
- Improve Sports Performance
- Enhanced Strength & Coordination

**Winter 2025**

**Winter 4  
Jan 6-Feb 23**

Meets 7wks

**Cost\*:  
Member/Other  
\$210/\$245**

## Athletic Performance Training

FOR BOYS & GIRLS MIDDLE SCHOOL -HIGH SCHOOL

Meets: Thursday 5-6p

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

### Goals of the Program

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

**Register  
Online/App  
Today!**

# BHC

BEVERLY HILLS CLUB

[www.BeverlyHillsClub.com](http://www.BeverlyHillsClub.com)

### 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.

\*Administrative fees apply.

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