

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

Winter 5

Feb 24-Apr 13

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 & Quickness
- Increase Muscular Endurance
- Increase Muscular Hypertrophy
- Increase Mobility
- Build Growth Mindset

**Register
Online/App
Today!**

BHC

BEVERLY HILLS CLUB

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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