

# SUMMER Youth & Teen Training



with Jamie  
Becker



## Summer 2025

**Meets Tuesdays**

**11:30a-1p**

**Jul 8-Aug 12**

**6 weeks**

**Cost\***

**\$270 member**

**\$315 non-member**

**Register Today  
Online/App**

# BHC

BEVERLY HILLS CLUB

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

## Athletic Performance Training

**FOR BOYS & GIRLS**

**MIDDLE SCHOOL -HIGH SCHOOL**

**Meets: Tuesday 11:30a -1p**

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

### 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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