

Youth & Teen Training



with Jamie
Becker



Fall 2025

Fall 1 | Sept 2nd –25th

4 wks | Registration is Open

Cost | \$124 member/ \$144 other

Fall 2 | Sept 30th –Nov 6th

6 wks | Registration Opens Aug 25th

Cost | \$185 member/ \$216 other

**Register Today
Online
beverlyhillsclub.com
or on the App**

BHC

BEVERLY HILLS CLUB

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

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



Intro to Strength Training & Conditioning

FOR BOYS & GIRLS AGES 7-10 YRS

Meets: Tuesday 5-6p

Goals of the Program

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



Athletic Performance Training

FOR BOYS & GIRLS

MIDDLE SCHOOL –HIGH SCHOOL

Meets: Thursday 5-6p

Goals of the Program

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

Annual Non-Member Fee

Required for Non-Members to participate in activities, programs, and services at the BHC.

Cost: Individual is \$30 Family is \$45

**REQUIRED for
Non-Members!**

*Administrative fees apply.