

Youth & Teen Training



with Jamie
Becker



Fall 2025

Fall 2 | Sept 30th – Nov 6th

6 wks | Registration is Open

Cost | \$185 member/ \$216 other

Fall 3 | Nov 11th – Dec 18th

Registration Opens Oct 7th

Tue meets 6 wks |

Cost | \$185 member/ \$216 other

Thu class 5 wks off Nov 27th

Cost | \$155 member/ \$180 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.