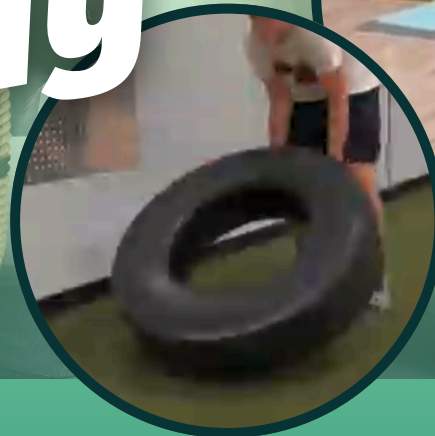


# Youth & Teen Training



with Jamie  
Becker



**SPRING  
2026**

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

**SPRING 6 | Apr 28<sup>th</sup> - May 28<sup>th</sup>**  
8wks | Registration Opens Jan 5<sup>th</sup>  
Cost | \$150 member / \$175 other

**Register Today Online**  
[beverlyhillsclub.com](http://beverlyhillsclub.com)  
or on the App

# BHC

BEVERLY HILLS CLUB

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

### 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

\*Administrative fees apply.