

COMPASS

COMPETITIVE PLYOMETRIC, AGILITY, STRENGTH, & STABILITY TRAINING.
THE RIGHT DIRECTION FOR ATHLETIC TRAINING.

WHEN

Ages 9 - 13

Tues & Thurs 4 - 5 PM

Ages 13 & Up

Tues & Thur 5 - 6 PM

Ages 10 & Up

Olympic Lifting Fundamentals

Fri 4:30 - 5:30 PM

WHERE

AREA ONE

Register at Kid Zone

Space Is Limited

PROGRAM

Give your student athlete the opportunity to become the best they can be by joining our **COMPASS** athletic training program. Our outcome is to build better athletes and stronger competitors.

Our **COMPASS** athletic training program will take any athlete in the right direction to gain a competitive edge. Let our **COMPASS** be your guide to success in any athletic venture!

WWW.CLUBNW.COM

PRICING

Members

\$60 Per Month

\$12 Per Drop In

Potential Members

\$85 For Per Month

\$15 Per Drop In

Olympic Lifting

\$60 for 4 Weeks

\$200 for 16 Weeks

Combo

\$110 for 4 Weeks

\$360 for 16 Weeks

