

Maximum Sports Conditioning

UNLEASH YOUR POTENTIAL

Winter Schedule

Starts Jan 2nd, 2012

So, why MaxSC?

- The most competitive training environment available today
- Sport Specific and General Conditioning
- Group, Team, and One-on-one Training
- Great Coaches who are professional, positive, knowledgeable, motivating, and effective
- Educational seminars & clinics offered
www.maxsc.net

Winter Session Rates

*Sport Specific Programs

- \$225 per month
- \$388 full session (8-weeks)
- \$40 drop-in

Football Conditioning (Saturdays)

- \$99.00 per month—monthly only

FAST

- \$379/8-week session
- Sat FAST Friends & Family drop-in \$20

Inquire for Adult Athletic Conditioning Small Group Sessions!



DJ & MaxSC Volleyball Stars @ the Volleyball Combine

Monday & Wednesday

9 am – 10 am

Female Athletic Strength Training (FAST)

10 am - 5 pm

Training by Appointment

5 pm – 6 pm

Agility & Quickness (A&Q)

6 pm – 7 pm

Baseball

Tuesday & Thursday

9 am – 10 am

FAST

10 am—5 pm

Training by Appointment

5 pm – 6 pm

A&Q

6 pm – 7 pm

Baseball

7 pm—8 pm

Softball

Friday

9 am – 10 am

FAST

10 am & On

Training by Appointment

Saturday

10 am - 11:30 am Football Conditioning

THIS IS YOUR YEAR!!

Call NOW to register or for more info:
Maximum Sports Conditioning
13415 30th St. SE, Bellevue, WA 98005
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www.maxsc.net

