

ESP Summer Pricing ages 11+ June 17 - August 31

All sessions purchased will expire as of September 1, 2019

	<u>PAC member</u>	<u>Nonmember</u>
2x/week (22 sessions)	\$320	\$380
3x/week (33 sessions)	\$415	\$485
4x/week (44 sessions)	\$465	\$555
5x/week (55 sessions)	\$475	\$565

ESP will offer several different class styles in the summer of 2019: Athletes are encouraged to mix & match class styles throughout the summer. At least 2 strength days per week are suggested, but not required.

ESP Strength Athletes receive a custom workout to follow each day they strength train. In an effort to curb the high amount of athletes working out at the same time during the summer, we will be taking a select amount of athletes every 15 minutes during our morning strength classes.

ESP SAQ Athletes follow a progressive speed, agility, and change of direction program in a group setting.

ESP Beach Day Sand and water training will not only improve speed and strength, but provide a low impact option for those with a heavy workload during the summer.

ESP Conditioning Athletes will be hooked up to heart rate monitors the entire class to monitor heart rate zones which will allow trainers to track work output data. *New athletes must first complete a conditioning assessment. These are held on the first Tuesday of every month at 5pm during class.

ESP Air Athletes will improve their vertical and horizontal jumping and be able to track these improvements in real time. This class is geared towards any athlete looking to improve their explosiveness.

**For more information, contact [Elite Sports Performance](#)
To view the schedule visit www.ESPathletes.com/schedule**

