

Madison Healthplex Performance Training Center



Key Components of 5 STAR SPORTS PERFORMANCE

- Speed Development
- Multi Directional Movements
- Core Strength
- Olympic Movements/Ground Base Training
- Injury Prevention

Class Schedule starting August 6th!

Elementary (ages 8 - 11)

Monday - Thursday: 5:00 PM - 6:00 PM

Saturday 9:00 AM - 10:00 AM

Middle School & High School

Monday - Thursday: 4:00 PM - 5:00 PM

* Monday - Thursday Strength Hour: 5:00 PM - 6:00 PM

Saturday 9:00 AM - 10:00 AM

5 Star Pricing : \$50 Enrollment Fee

\$100 per month (must set up on a draft)

For more information contact R.J Barrett at rnbarrett1@gmail.com

