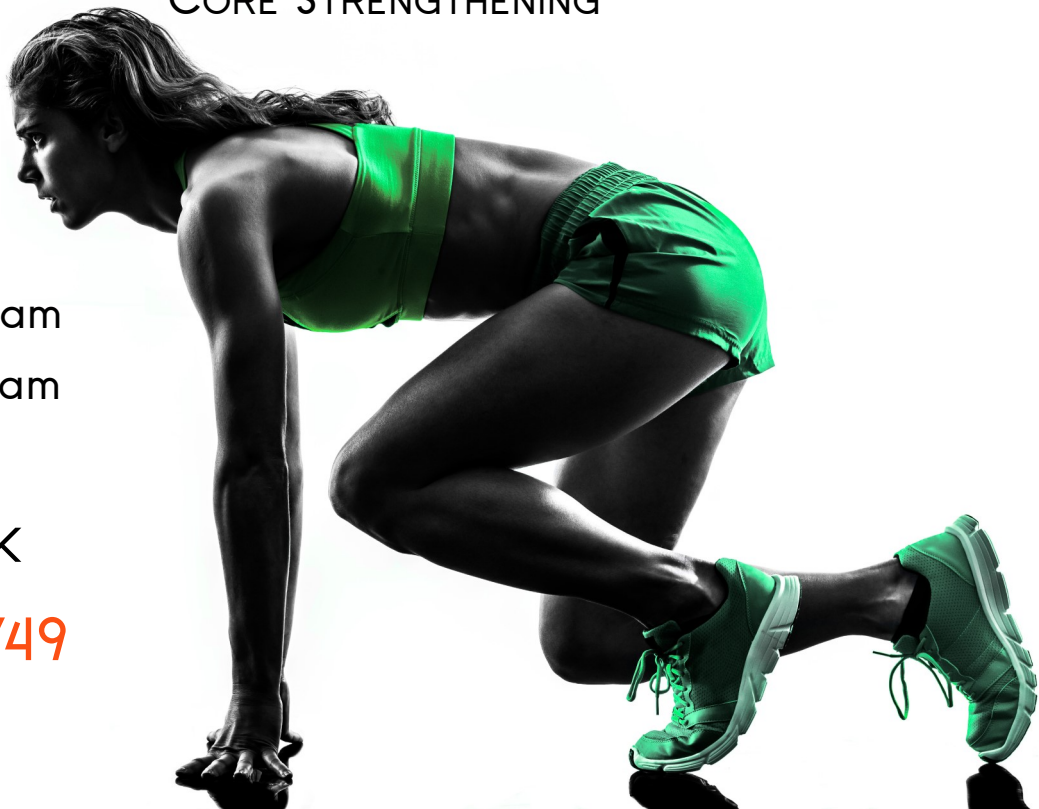




ADULT ATHLETE PERFORMANCE

AN 8 WEEK PROGRAM FOR ADULT ATHLETES
THAT FOCUSES ON ACHIEVING SPECIFIC PERFORMANCE RELATED
GOALS

ACTIVE WARM UP, INTERVAL BASED CONDITIONING, STRENGTH TRAINING,
CORE STRENGTHENING



Mon/Wed/Fri 9am

Mon/Wed 6:30am

Wed 10am

2X A WEEK

8 WEEKS: **\$749**

CONTACT **TIM CONCANNON** FOR MORE INFORMATION @
tconcannon@weymouthclub.com or call 781-682-5855