

STRENGTH & CONDITIONING LESSON



Become the well-rounded athlete you always wanted to be. Strength and Conditioning is led by one of our nationally certified personal trainers. This sport specific program will strengthen the athlete according to their position. We work on correcting muscular imbalances and improper movement patterns to reduce the risk of injury. We focus on every detail. This is more than just squatting heavy. All lessons will be held at the Top Flight Athletic Center 2739 Alft Lane Elgin IL 60124

CLASS DETAILS

1. Core Strength
2. Rotator Cuff Strength
3. Balance
4. Coordination
5. Hip Power
6. Stabilization

Registration is required by using our on-line registration system.

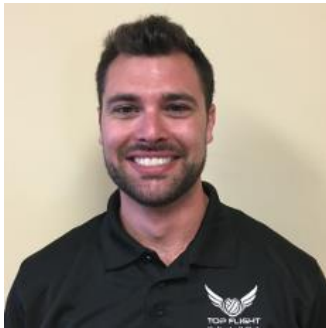
Program start dates and times may change depending on the amount of registrations.

REGISTRATION & QUESTIONS

[CLICK HERE TO REGISTER FOR A CLASS](#)

We do not offer prorated amounts for classes, camps or leagues. There are NO refunds given once a class has begun.

All questions can be directed to the following staff members:

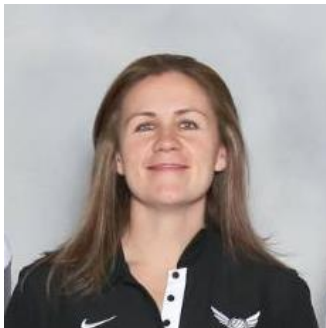


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