



THE ENDORPHIN EFFECT

CREATE • HARNESS • UTILIZE

891 S. Rte 59 * Bartlett, IL 60103 * www.e2fitclub.com

**Calling all u-46 athletes, travel teams members,
and anyone looking to win!**

Smarter, Stronger, Faster & Better

The complete package

This complete training series is composed of all three of our training regiments. Designed to improve the athlete's decision making, performance and athleticism. This complete package will ensure that your athlete will be thoroughly and completely prepared to compete and excel in their sport. Those who are serious about their health, ability and sport will definitely benefit from the complete course.

Athleticism: Off Season Strength and Agility- \$150

This 10-week course/class is designed to create strong athletes and improve overall athleticism/agility. We will develop the quality of being coordinated and physically strong, while also having stamina and coordination, to sustain and succeed during a season. Jump, sprint, change directions, agility ladders, weighted carries and Olympic lifts will be a part of this training.

Cadence: Off Season Endurance Training- \$150

This class/course is designed to improve the athlete's stamina and conditioning, reduce the point of fatigue during your event this season. Don't gas out, hit a wall or lose that edge. Designed for repetitive motion athletes, and those who need a consistent output of energy, this is the class for you.

Velocity: Off Season Power and Speed- \$150

This course/class is designed to maximize the acceleration/force at the point of initiation/sport action and to minimize the time it takes to initiate that action/sport movement. Fleetness and celerity, Beat the competition to the ball, puck, finishing line, and get the win this upcoming season.

Sign up for one class at \$150, two at \$275, and all three classes for \$400

Group Training (4 person min.) **will run from April 3-June 9**

Junior/ Senior/ Collegiate- 4-5pm (M, T, Th)

Freshman/ Sophomore - 6-7pm (T, Th, F)

6th-8th graders - 7-8pm (M, T, Th)

Call Humberto Medina for more information at 847-416-2000

