

SPORT PERFORMANCE TRAINING

(Do not have to be a PEAK member to sign up)

Ready to train like a professional athlete? **United Athlete Training** has teamed up with Peak Sports Club to offer **SPORT PERFORMANCE TRAINING** in the PSX building. This is for any athlete, regardless of age, gender, skill level, or sport. Our program is designed to improve *strength, speed, power, mobility, endurance, balance, flexibility, explosiveness, and muscular coordination!* Our complete training system greatly reduces the risk of injury to maximize performance!

COACHES

Shane Lawson - Certified Functional Strength Coach (CFSC), 9 year Strength and Conditioning Coach for the Chicago Blackhawks/Rockford Icehogs and part of the 2010, 2013, and 2015 Chicago Blackhawks Stanley Cup Championships.

Jerry Foss - Certified Functional Strength Coach (CFSC), 6 year HS football and track & field coach, 5 year National Bodybuilder with a 1st place finish in 2012 and top 3 in 2014 and 2015.

EXCLUSIVE PRICING FOR ROCKFORD HOCKEY CLUB ATHLETES

1 Session (pay as you go)	\$20
20 Sessions (\$10 per session)	\$200

CURRENT SCHEDULE

MONDAY - THURSDAY	FRIDAY	SATURDAY - SUNDAY
11:00am - 12:30pm	11:00am - 12:30pm	12:00pm - 1:30pm
1:00pm - 2:30pm	1:00pm - 2:30pm	
7:30pm - 9:00pm		

SCHEDULE STARTING AUGUST 12TH

MONDAY - THURSDAY	FRIDAY	SATURDAY - SUNDAY
12:00pm - 1:30pm	12:00pm - 1:30pm	12:00pm - 1:30pm
7:30pm - 9:00pm		