



FAST

FAMILIES ATHLETICALLY STRIVING TOGETHER PROGRAM DESCRIPTIONS

STARTERS

*Fundamental
Athletic Training*

Our **STARTERS** Program is designed for athletes that are new to training for sports. We provide the fundamentals for your student athletes to help them get in shape and take it to the next level!

ACCELERATORS

*Progressive Athletic
Training*

Our **ACCELERATORS** Program is designed for student athletes who have some experience with training for sports but are looking for that edge over their competition. We coach your student athletes on how to enhance their performance while preventing injury.

FINISHERS

*Advanced Athletic
Training*

Our **FINISHERS** Program is designed for athletes that are experienced within their athletics. We will provide excellence driven coaching that will prepare them for the rigors of a Division 1 Program. .

FIT KIDS

Ages 4-7

Our **FIT KIDS** Program is intended for "Purposeful Playtime". It creates a desire in your children for an active lifestyle- setting a solid foundation for athleticism.

C4

Adult Training

Our C4 Program encompasses four main focuses; Cardio, Conditioning, Core & Circuit Training. This program is for all fitness levels and will provide the results that you need to move well, feel great and look amazing!

EXPERIENCE THE DIFFERENT LEVELS

- C1-Just getting your fitness journey started.
- C2-Feel pretty confident in your progress & your ability.
- C3-Been at it for a while & ready to take it up a notch.
- C4-All in, all the time! High Level Training

****Pre-assessments determine placement in our programs. Placements are based off of proficiency level.****