



Strength & Conditioning
for the female athlete

Programs offered:

- Small group or teams
- 4 or 8 week sessions
- 1, 2 days per wk
- Summer sessions
- Team pre, in & post season sessions
- Adaptation 8th-12th gr..

Program Emphasis:

- Injury prevention & reduction
- Overall conditioning, body awareness & control
- Agility, mobility & core strength
- Strength & speed development
- Individualized to the specific athlete's needs

Our goal is to provide the young female athlete a safe environment that pushes her both mentally and physically; while igniting a passion & self confidence that carries over in all aspects of their physical, social & emotional development.

WINTER /SPRING
2016 - '17

Schedule and Pricing Adaptation Group (8th - 12th grade)

*Mon. & Wed.
7:30 - 8:45pm*

4 week session:

1 day per week \$120
2 days per week \$215
3 days per week \$300

8 week session:

1 day per week \$228
2 days per week \$408
3 days per week \$570

Drop in session \$35

For more info contact:

Deirdre Antonelli
Future Shapes, Inc
56 Winchester St. Suite 10
Newton, MA 02461 617-965-
7373

www.futureshapes.com
deedee@futureshapes.com

