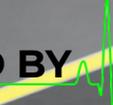


ATHLETIC PERFORMANCE TRAINING



POWERED BY  PULSE
FITNESS

Train smarter. Move better. Perform stronger.

Pegasus FC has partnered with Pulse Fitness to deliver this specialized program designed specifically for growing soccer athletes.

PLAYERS TRAIN ON:

- ✓ Running, jumping & landing mechanics
- ✓ Cutting & change of direction
- ✓ Core strength & stability
- ✓ Balance, coordination & mobility

2 REGISTRATION
OPTIONS:
5-WEEK SESSION
INDIVIDUAL SESSION

BIRTH YEARS

2015-2011 (U11-U15)

DATES (SATURDAYS)

Register for a full 5-week session
OR individual sessions

Session 1 JAN 10-FEB 7

Session 2: FEB 14-MAR 14

TIMES

BOYS 9:30-10:30am | GIRLS 10:30-11:30am

LOCATION

Pegasus Performance Center
2201 Waukegan Rd., Building IV,
3rd Fl. Bannockburn, IL.

REGISTRATION FEE

5-Week Session: \$150

Individual Session: \$35

Part of Pegasus FC's

CORE

PLAYER DEVELOPMENT

PLAY. TRAIN. PERFORM.

OPEN TO ALL AREA PLAYERS

MORE DETAILS & REGISTER:

PEGASUSFC.ORG