

**New 3 Month Option!**

Youth Sports Performance Membership!!

**Elementary & Middle School Program**

Speed & Agility

Conditioning

Injury Prevention

Flexibility

Strength Training

Post-Game & Training Recovery

Mental Toughness/Coaching Support

**High School**

 **Program**

Weight Lifting & Technique

Post-Game & Training Recovery

Power, Explosiveness & Strength

Mental Preparation

Sports Recovery

 Injury Prevention

**Pricing- Per Month**

Month to Month- $199

**3 Months $169!**

6 Months- $149

12 Months- $129

Sibling Discount- $69

Each Additional Sibling- $25

**All memberships will include**

* Unlimited Classes
* 5 Days a week
* Free Cardio Xpress
* Recovery Center Member Discounts

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| **Class Schedule August 13th 2017- May 31st 2018** |
| **Age Group** | **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** |
| **HS 9-12** | 1-2 pm | 6:30 pm | 7:30 pm | 6:30 pm | 7:30 pm |
| **MS 6-8** | 2-3 pm | 5:30 pm | 6:30 pm | 5:30 pm | 6:30 pm |
| **ES 3-5** | 3-4 pm | 4:30 pm | 5:30 pm | 4:30 pm | 5:30 pm |

**FALL SPORT PERFORMANCE $99/mo SPECIAL**

**SEPTEMBER AND OCTOBER ONLY!**

For more information or to sign up call or email Kira at 303-779-3640 or kira@teamspeedco.com

**Sterling’s Team Speed 8170 S. University Blvd. #190 Centennial, CO 80122**

[**www.teamspeedco.com**](http://www.teamspeedco.com) ****