

Xtreme Strength and Sports Performance

Starting Tuesday, September 5th!

WE WILL BE CLOSED AUGUST 25th thru September 4th.

School Hours:

Monday:

- 5:30 AM - 6:45 AM High School/Middle School Sports Performance
- 1:00 PM - 2:15 PM High School Sports Performance
- 3:15 PM - 4:30 PM High School Sports Performance
- 4:30 PM - 5:45 PM Middle School Sports Performance
- 5:45 PM - 6:30 PM Youth Fundamentals

Tuesday:

- 3:15 PM - 4:30 PM High School Sports Performance
- 4:30 PM - 5:45 PM Middle School/High School Sports Performance

Wednesday:

- 5:30 AM - 6:45 AM High School/Middle School Sports Performance
- 1:00 PM - 2:15 PM High School Sports Performance
- 3:15 PM - 4:30 PM High School Sports Performance
- 4:30 PM - 5:45 PM Middle School Sports Performance
- 5:45 PM - 6:30 PM Youth Fundamentals

Thursday:

- 3:15 PM - 4:30 PM High School Sports Performance
- 4:30 PM - 5:45 PM Middle School/High School Sports Performance

Friday:

- 5:30 AM - 6:45 AM High School/Middle School Sports Performance
- 1:00 PM - 2:15 PM High School Sports Performance
- 3:15 PM - 4:30 PM High School/Middle School Sports Performance

Saturday:

- 9:00 AM High School Sports Performance/Middle School Sports Performance

Pricing:

High School/Middle School Sports Performance

Memberships:

- \$120 Monthly Unlimited Membership
- \$100 3-Days a week Monthly Membership
- \$80 2-Days a week Monthly Membership

Punch Cards:

- \$100 for 10 sessions

- \$180 for 20 sessions

Youth Fundamentals

Memberships:

- \$70 Monthly Unlimited Membership

Punch Cards:

-\$100 for 10 sessions

