



E L I T E

ATHLETE TRAINING

270 Eliot St, Ashland, 01721 774- 230- 7554

Starting October 5th- Natick AYF- Fridays 5:30-6:30

Location- Metro West Sportscenter

Cost- \$60 for 4 sessions

Other options if you cant attend

Pricing for Monthly Memberships

Monday's/Wednesday's/Friday's @ 4pm

Speed and Agility (1 Hour) 1x a week \$60/

Unlimited \$100

(GRADES 4th-6th)

Strength and Conditioning (Hour Fifteen) \$80/

Unlimited \$150

(GRADES 7th-up)

Workout will include:

Ladders, Cone drills, Hurdles, Weight Training,

Body weight exercises, Increasing overall body & core strength

EliteAthleteTrainingEAT@gmail.com