



ATHLETES FIRST PROGRAMS

At The Club

Developmental 1 (D1): Learn to Train

- Foundational program designed to teach athletes basic training concepts and prepare them for more advanced programs.
- Athletes will focus on learning proper movement and techniques needed for strength development while also being introduced to new fundamental movement skills.

Developmental 2 (D2): Training to Train

- Athletes continue to work on technical proficiency while learning to progressively overload movements.
- Introduced to more advanced higher speed exercises (i.e. Olympic lifts) and drills that will teach them to apply force explosively.

Developmental 3 (D3): Train to Compete

- Athletes will enter into a periodized training program, which will focus on various phases of strength, power, speed, agility and recovery (deloading).
- Athletes will learn how to optimally prepare themselves for a competitive season.

Cost: The Club Monthly Membership \$49/mo. (Joining Fee Waived for Athletes First Program) plus

2x/week = \$55/mo

3x/week=\$65/mo.

4x/week=\$85/mo.

(Special rate: D1 Program (2x/wk) + Club 4 Kidz=\$65/mo.)

Schedule: Check our web site for the complete schedule of these classes.

Information: Contact The Club for Fitness at **(707) 839-CLUB (2582)** or **info@cluboncentral.com**.

