

# SPORTS PERFORMANCE TRAINING

**ALL SPORTS**  
**ALL AGES**  
**Males & Females**



**STRENGTH TRAINING**  
**SPEED & AGILITY**  
**NUTRITION/DIET**

**MAXIMIZE YOUR ATHLETIC POTENTIAL**

**Free T-shirt**



## **NEW SUMMER SESSION:**

**STARTS; Monday, May 20<sup>th</sup> thru Sunday, July 28<sup>th</sup>** (8-week session)

Daily training session duration = **45-60 minutes**

*\*Evals & Nutrition consults*

**MONDAY through Friday** (1:30pm, 2:30pm, 3:30pm, 4:30pm, 5:30pm) and/or **SUNDAY** (1pm)

**1 DAY /week for 8 weeks = (\$16 /session) or \$128**

**2 DAYS /week for 8 weeks = (\$15 /session) or \$240**

**3 DAYS /week for 8 weeks = (\$14 /session) or \$336**

**ENROLL TODAY 630.248.0364**

**www.BLBTRAINING.com**

**REGIONAL SPORTS CENTER**

1310 Ridgefield Road  
Crystal Lake, IL 60012

Sign-up Online at;

[www.BLBTRAINING.com](http://www.BLBTRAINING.com)

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click on "Sports Performance Training," then

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