

LaCrosse

Performance Enhancement Training

Help improve athletic performance, prevent injuries and promote longevity through LaCrosse-specific speed and power training

- Speed and agility drills
- Plyometric development
- Resistance training
- Vertical jump training
- Conditioning
- Flexibility and stability exercises

Improve Hip and Shoulder stability, 1st step reaction and MORE...

Team Packages

1-20 Lacrosse-Specific sessions (Approx. 1 hour each)

Customize your own times and days (Available 24/7)

Team	6+ athletes	10+ athletes
1 session	\$15 / ath.	\$10 / ath.
5 sessions	\$70 / ath.	\$48 / ath.
10 sessions	\$130 / ath.	\$90 / ath.
20 sessions	\$240 / ath.	\$170 / ath.

FREE Make-ups available with our

Sport Performance Training (SPT) Group Classes

Choose times and frequency from our schedule

Age: 8-12 yrs. 5:30-6:30 pm M-Tu-W-Th / Sat. 10:30 am

Age: 13+ yrs. 6-7:30 pm M-Tu-W-Th / Sat. 10:30 & 11:30 am

(Available year-round & Monthly unlimited packages)

Also available:

1-on-1's / Team Mates (2+ athletes) / 30-60 minutes

Physio-Therapy & Deep tissue stretching

Cage/Field rental

Adult Fitness Classes



EDGE Sports Fitness

Denny Bonewitz

(Strength Coach)

UNIVERSITY OF NORTH TEXAS

UNIVERSITY OF NEW MEXICO

UNIVERSITY OF CALIFORNIA

UNIVERSITY OF HOUSTON

NIKE-SPARQ Certified



EDGE Speed & Agility training (940) 391-3711 or go to:

www.EdgeSportsFitness.com

