

KDR ATHLETICS

Do you want to play to your TOP POTENTIAL?

Are you frustrated with Chronic INJURIES every season?

Do you want to improve as an athlete so you can be a better player?

KDR Athletics is all about growing your athletic potential in the weight room to allow you to become the player you want to be on the field.

The program will focus on Injury Prevention FIRST! A healthy athlete is a strong athlete that can contribute to the team more and can play to their full potential.

Along with Injury prevention we will focus on building a more complete ATHLETE! That means increasing muscle strength and power, improving flexibility, cultivating agility and quickness and unleashing the INNER LIONESS!

Let's make this season better then the last!

Details of the program:

You will be provided with a detailed training program and will meet with a coach every time you come into the gym.

Each athlete will receive an in-depth movement and posture assessment on the first Monday or Tuesday of the session. During this assessment we will also figure out your unique individual injury potential.

This assessment will allow us to customize the program for the athlete.

The program is broken up into two (2), six (6) week blocks:

Block 1 -

December 8th to January 17th

Block 2 -

January 19th to March 7th

Session Times are:

Monday through Friday:

3:15 to 4:30 or 3:45 to 5:00

We ask all participants to make at least TWO days per week, preferably THREE!

Each time spot is limited to no more than 12 athletes.

This season of KDR Athletics will be offered for FEMALES between the ages of 12 and 19 ONLY.

Cost of the program:

All sessions are based on a total enrollment of 30 athletes at \$10 per session.

Two sessions per week = \$120 per block

Three sessions per week = \$180 per block

Unlimited sessions per week = \$200 per block! BEST VALUE!

CONTACT US TODAY AT:

603-727-9092 OR EMAIL AT KDRFITNESS@KDRFITNESS.COM