

STRENGTH ACADEMY

HAMPTON



STRONGER - FASTER - BETTER

There are NO EXCUSES! Become the best athlete you can be with a program designed to take your ability to the next level! All 60 minute sessions are limited to 12 athletes and run throughout the week. Training focuses on whole body strength, power, explosiveness and injury prevention. Testing (vertical leap, pro-agility, 10m sprint and broad jump) occurs monthly to ensure consistent results. No experience required. Must be between the ages of 13-19. Choose your training times from below.

Mon, Wed and Fri 4-5 & 5-6pm

Tues and Thur 5-6pm

\$119

2x/wk
per month

\$169

3x/wk
per month

\$229

2x/wk
2 months

\$319

2x/wk
2 months