

STATE OF FITNESS

Sports Performance Academy Enhancing Athletic Performance

State of Fitness Sports Performance Academy offers young athletes various cutting edge training modalities to enhance athletes' power, speed, quickness, agility, and strength. Each athlete will learn proper dynamic warm-up, plyometrics, speed and agility drills, functional strength and core training, olympic lifting, and recovery techniques to help maximize performance and reduce the risk of injury.

Times: Mondays, Tuesdays, and Wednesdays
4:00pm-5:00pm

For: Anyone between the ages of 13-19

Instructor: Justin Grinnell B.S., CSCS, NASM-CPT
Co-Owner State of Fitness

Cost: \$59 Enrollment Fee - \$169/month
\$59 Enrollment Fee - \$149x3 months

You receive UNLIMITED number of classes each month, plus access to the club at any time for each month you are signed up!

To register, call State of Fitness at **517-708-8828**



2655 E. Grand River Ave. ~ East Lansing, MI 48823