

What will take your game to the next level?



SPEED!



The most effective and comprehensive athletic development programs will be held this spring & summer at Eastside Athletic Club. Performance and Fitness Solutions, Inc. has relocated from Atlanta to Snellville to manage Fitness operations at Eastside Athletic Club on McGee Rd. across from the SGAA/Snell park.

The focus of this Summer Speed/Power program will be to increase speed, vertical jump, core recruitment, and agility. Athletes will learn proper lift technique, SAQ drills, dynamic warm-up, proper cool down methods, and much, much more. At PFS our emphasis is on results through high density, high quality workouts. We include education, encouragement, motivation, and nutritional supplements in our Summer programs to guarantee results.

Summer Camp Dates: June 5-July 28th, 2006
3x per week---that's 24 sessions!

Schedule: M, W, Th

am session 10:30-11:30am

pm session 6:30-7:30pm

More sessions will be added as needed.

Ratio: 1:4-6 Ages: 13+ Fee: \$325

4 week option: \$180

Spring Training: April 10-May 4, 2006

Monday and Wednesdays from 6:15-7:15

Ratio: 1:4-6 Ages: 13+ Fee: \$110



Sign ups are first come first serve. Contact Steve Riley at 770-597-7603 or visit our websites: www.pfsfit.com or www.eastsideathletic.net for more information.



Registration Information

Name _____ Age _____ Height _____ Weight _____

Address _____ City _____ State _____ Zip _____

Parent/Guardian _____ Phone H _____ C _____

Parent E-Mail _____ School _____ Grade(06-07) _____

Method of payment: Check/Cash Received by: _____ Date _____

Session am pm