



Team Sport Conditioning

Team sports training is now available at GymNation!

We know how to bring your game to the next level!

What to expect: 1.5 hrs (Warm up, drills, conditioning, stretch, 15 mins of free time in the gym on the trampolines)

Privates and groups on a per class basis

Individual privates - \$75 per 1.5 hrs

Groups of 4 - \$25 each per 1.5 hrs

Groups of 6 - \$18.00 each per 1.5 hrs

Per Session for full teams

Sign your whole team up for an 8 week session and pay \$12.00 per visit or pay the session in full and receive 20% off

A minimum of 8 players is required

Sign up for 2 nights a week and receive a 20% discount as well on the second class.

Your training will include sport specific fundamentals training along with high level conditioning for the perfect training combo. Classes are taught by certified and experienced personal trainers and sport coaches.

What we offer:

- ◆ A comprehensive and developmentally appropriate program will be designed to meet the needs of your team.
- ◆ A GymNation Sport Team workbook will be provided for each team to track progress.
- ◆ A pre and post evaluation will be done at the beginning and end of your 8 week session.
- ◆ Nutritional information package is included that contains pre and post game snacks as well as quick and easy recipes for energy.

Call us today to discuss your team needs and register for your 8 week session, private or group. (902-883-5102) or email us at gymnationclub@gmail.com