

UAC SPORTS PERFORMANCE FEATURES



AGES 7-11: 60-MINUTE SESSIONS

These 60-minute sessions focus on developing foundational athletic skills while improving the young athlete's self-confidence. This program has been proven to enhance speed, agility, coordination, running technique, strength, flexibility and injury prevention. Young athletes will be challenged in a fun and friendly environment to ensure that they are engaged and motivated to give 100%.

AGES 12-18: 90-MINUTE SESSIONS

These 90-minute sessions employ an innovative approach to training that has developed countless elite-level athletes from both the collegiate and professional ranks. Workouts build on a solid athletic foundation and are individually tailored to each athlete's goals. Each session has two components: a movement component that teaches athletes how to develop game-changing speed and agility, and a strength component that will make any athlete explosively powerful, functionally strong, and exceptionally conditioned while preventing against injury. Whereas many programs only improve performance in the gym, our advanced, research-backed methods of training deliver results that transfer to where it matters most – on the field.

AGES 15-18: 90-MINUTE SESSIONS*

Elite athletes aspiring toward collegiate, olympic or professional levels

CLASS SCHEDULE

Effective 9/3/19

MONDAY & WEDNESDAY

4:00-5:30pm	Ages 12-18
5:30-6:30pm	Ages 7-11
6:30-8:00pm	Ages 12-18

TUESDAY & THURSDAY

3:30-5:00pm	Ages 12-18
5:00-6:00pm	Ages 7-11
6:00-7:30pm	Ages 12-18
6:30-8:00pm	Ages 15-18*

FRIDAY

4:00-5:30pm	Ages 12-18
5:30-6:30pm	Ages 7-11

SATURDAY

9:00-10:00am	Ages 7-11
10:00-11:30am	Ages 12-18

*Class is only available to PEAK athletes through application. Please see a Sports Performance Trainer for more information and an application.

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