

STRENGTH & CONDITIONING

UNIVERSAL ATHLETIC CLUB



Schedule effective
as of August 28, 2023

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.

PEAK PERFORMANCE: 90-MINUTE SESSIONS

PEAK is available for advanced athletes after applying and/or being selected.

PEAK employs high-level, advanced training methods and is intended for aspiring collegiate and professional athletes. Each session takes place in a semi-private setting, with each athlete receiving individualized workouts tailored to their sport(s) and individual needs/goals. All facets of athleticism are covered: movement quality, injury prevention, speed and agility, power development, full-body functional strength, and sports-specific conditioning.

CLASS SCHEDULE

Monday, Wednesday

| | |
|---------------|------------------|
| 3:30pm-5pm | PEAK Performance |
| 4pm-5:30pm | Ages 12-18 |
| 5pm-6:30pm | PEAK Performance |
| 5:30pm-6:30pm | Ages 7-11 |
| 6:30pm-8pm | Ages 12-18 |

Tuesday, Thursday

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|------------|------------------|
| 3:30pm-5pm | Ages 12-18 |
| 4pm-5:30pm | PEAK Performance |
| 5pm-6:30pm | Ages 12-18 |
| 5:30pm-7pm | PEAK Performance |
| 6:30pm-8pm | Ages 12-18 |

Friday

| | |
|---------------|------------------|
| 3:30pm-5pm | PEAK Performance |
| 4pm-5:30pm | Ages 12-18 |
| 5:30pm-6:30pm | Ages 7-11 |

Saturday

| | |
|--------------|------------------|
| 9pm-10pm | Ages 7-11 |
| 9:30pm-11am | PEAK Performance |
| 10am-11:30am | Ages 12-18 |



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