

# STRENGTH & CONDITIONING



**UNIVERSAL ATHLETIC CLUB**

Schedule effective  
November 13, 2023

## AGES 7-11: 60-MINUTE SESSIONS

Focus on developing foundational athletic skills while improving the young athlete's self-confidence. 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

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.

## ADULT: 60-MINUTE SESSIONS

Get back into the best shape of your life! Our program is designed for current/former athletes or active adults of all fitness levels looking to recover from injuries, increase strength, and break through plateaus in a friendly, energetic environment. Led by Certified UAC coaches, every day is different and the training phases continuously change throughout the year. Get ready to train like an elite athlete and reimagine what you thought were your limits.

## CLASS SCHEDULE

### Mondays, Wednesdays

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

### Tuesdays, Thursdays

3:30pm	Ages 12-18
4pm	PEAK Performance
5pm	Ages 12-18
5:30pm	Adult
6:30pm	Ages 12-18

### Fridays

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

### Saturdays

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



2323 Oregon Pike · Lancaster · 717-569-5396  
[www.UniversalAthleticClub.com](http://www.UniversalAthleticClub.com)

