



Kansas City Athlete Training

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GROUP CLASS SCHEDULE

*ALWAYS CHECK SOCIAL MEDIA THE DAY OF CLASSES FOR THE EXACT SCHEDULE FOR THAT DAY

SPECIAL FALL MONTHLY PLAN PRICE: \$95/month for Unlimited Group Classes

PERSONAL SESSIONS are scheduled on a per athlete basis at \$45.00/hour

New Pricing for Group Classes: 60 minute class is \$15.00, 75 minute class is \$20.00, 90 minute class is \$25.00

*During the months of August, September and October we run a reduced group class schedule due to the utilization of fall sports inside our facility.

MONDAY NIGHT GROUP TRAINING

- 6:15pm – 7:15pm: Speed & Agility Intro Group Class (Beginner/Intermediate) - \$15.00
 - Younger athletes 4th Grade and below
- 6:15pm – 7:30pm: Football Specific – Quarterback Training - \$20.00
 - Quarterback Skills Training: footwork drills and throwing mechanics
- 6:15pm-7:30pm: Football Specific – Offensive Skills Training - \$20.00
 - All Ball Carrying positions Running Back, Wide Receiver and Tight Ends
- 6:15pm-7:30pm: Football Specific – Defensive Line/Ends and Linebackers Training - \$20.00
 - All Defensive Line and Edge Players including Linebackers
- 7:15pm – 8:45pm: Speed & Agility Elite Training Group Class (Advanced) - \$20.00
 - Older athletes Middle and High School – Core/Flexibility/Jump/Explosion

TUESDAY NIGHT GROUP TRAINING

- 5:15pm – 6:15pm: Speed & Agility Elite Training Group Class (Beginner/Intermediate/Advanced) - \$15.00
 - Core, Explosion, and Jump Training

WEDNESDAY NIGHTS GROUP TRAINING

- 5:15pm – 6:15pm: Speed & Agility Elite Training Group Class (Beginner/Intermediate/Advanced) - \$15.00
 - Core, Explosion, and Jump Training

THURSDAY NIGHTS GROUP TRAINING

- 5:15pm – 6:15pm: Speed & Agility Elite Training Group Class (Beginner/Intermediate/Advanced) - \$15.00
 - Core, Explosion, and Jump Training