

GREATER KANSAS CITY ATHLETIC TRAINING GROUP CLASS SCHEDULE

CLASSES ARE OPEN TO BOTH BOYS AND GIRLS FROM ANY TEAM OR LEAGUE

	The LIGHT BLUE classes indicate our introductory speed and agility class which is open to all athletes both boys and girls... we recommend all attendees who are in 4th Grade or below to attend these classes first. Smaller class sizes so it allows the instructors to work with the attendee on form at a developmental pace.				\$95.00 Monthly Membership Unlimited Classes
	The ORANGE COLOR classes indicate our elite speed and agility class which is open to all athletes both boys and girls... we recommend all attendees who are in 5th Grade or higher to attend these classes. These classes are taught at an escalated rate to help prepare our older attendees for their upcoming sports season.				Personal Training Available
	MORE CLASSES ADDED IN JANUARY AND FEBRUARY 2018				IF YOU HAVE QUESTIONS PLEASE ASK US
	WE DO OFFER PERSONAL TRAINING CLASSES FOR THOSE ATHLETES LOOKING FOR ONE ON ONE TRAINING... PLEASE CONTACT US ABOUT PRICING AND DETAILS				CALL 816-379-3692
TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
CLASS 1	COMING IN SPRING OF 2018	SPEED CLASS/AGILITY BOYS & GIRLS 6:00pm - 7:00pm (1 hr) \$10.00	SPEED CLASS/AGILITY BOYS & GIRLS 6:00pm - 7:00pm (1 hr) \$10.00	SPEED CLASS/AGILITY BOYS & GIRLS 6:00pm - 7:00pm (1 hr) \$10.00	COMING IN SPRING OF 2018
CLASS 2	CHECK WEBSITE FOR INFORMATION	ELITE SPEED CLASS Grades 5th & Older 7:00pm - 8:30pm (1.5 hr) \$15.00	ELITE SPEED CLASS Grades 5th & Older 7:00pm - 8:30pm (1.5 hr) \$15.00	ELITE SPEED CLASS Grades 5th & Older 7:00pm - 8:30pm (1.5 hr) \$15.00	CHECK WEBSITE FOR INFORMATION

KC ATHLETIC TRAINING FACILITY IS LOCATED IN NORTH KANSAS CITY

CHANGES AND UPDATES WILL BE POSTED ON OUR WEBSITE AND FACEBOOK PAGE

LIKE US ON FACEBOOK @ [KansasCityAthleticTraining](#)

PLEASE VISIT OUR WEBSITE - www.KCathletics.com FOR MORE INFORMATION

LOCATION - 1204 Swift St., North Kansas City Missouri 64116