

# KANSAS CITY ATHLETE TRAINING GROUP CLASS SCHEDULE

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

<b>CLASS 1</b>	The <b>LIGHT BLUE CLASSES BELOW</b> indicate our introductory speed and agility class. It is open to all athletes, boys and girls. We recommend all athletes in 4th Grade or below attend the early class. Smaller class sizes allows the instructors to work with the athlete on form at a developmental pace.				<b>\$70.00 Monthly Membership Unlimited Classes</b>
<b>CLASS 2</b>	The <b>ORANGE COLOR CLASSES BELOW</b> indicate our elite speed and agility class. It is open to all athletes, boys and girls. We recommend all athletes in 5th Grade or higher to attend the later classes. These classes are taught at an escalated rate to help prepare our older athletes for their upcoming sports season.				<b>Personal Training Core/Strength Speed &amp; Agility</b>
	<b><u>THIS IS OUR FALL SCHEDULE FOR 2018 STARTING THE WEEK OF JULY 23</u></b> We reduce our schedule to two days a week group training, starting in December we will increase to 4 days a week training. Personal Training is still available - please call to schedule a time.				<b>IF YOU HAVE QUESTIONS PLEASE ASK US</b>
	<b>Jim Tuso - Facility Director</b> <b>Keusic Pannell - Lead Instructor</b> <b>Samantha Williams - Lead Instructor</b>				<b>CALL 816-379-3701</b>
<b>TIMES</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	
<b>CLASS 1</b>	<b>SPEED CLASS/AGILITY BOYS &amp; GIRLS</b> 6:30pm - 7:30pm (1 hr) \$10.00	GROUP CLASS COMING ON THIS DAY IN DECEMBER 2018	<b>SPEED CLASS/AGILITY BOYS &amp; GIRLS</b> 6:30pm - 7:30pm (1 hr) \$10.00	GROUP CLASS COMING ON THIS DAY IN DECEMBER 2018	
<b>CLASS 2</b>	<b>ELITE SPEED CLASS</b> Grades 5th & Older 7:30pm - 9:00pm (1.5 hr) \$15.00	GROUP CLASS COMING ON THIS DAY IN DECEMBER 2018	<b>ELITE SPEED CLASS</b> Grades 5th & Older 7:30pm - 9:00pm (1.5 hr) \$15.00	GROUP CLASS COMING ON THIS DAY IN DECEMBER 2018	

KANSAS CITY ATHLETE TRAINING FACILITY IS LOCATED IN NORTH KANSAS CITY

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

LIKE US ON FACEBOOK @ KansasCityAthleteTraining

PLEASE VISIT OUR WEBSITE - [www.KCathletics.com](http://www.KCathletics.com) FOR MORE INFORMATION

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