

## ADULT FITNESS

Our program is designed for adults of all fitness levels. Challenging high calorie burning workout routines are created in order to insure an increase in flexibility, coordination, and strength. All workouts are developed by highly motivated and experienced coaches that make all classes exciting and FUN!!

**AGES** 18+ Years & Adults  
**TIME** 60 Minute Classes  
**SESSIONS** Monthly Unlimited  
**COST** \$150 Monthly Unlimited  
 \$175 for 10 Session

FOR MORE INFORMATION CONTACT  
 Chris Palmer, [chrispalmer@getresultznow.com](mailto:chrispalmer@getresultznow.com)  
 443-801-7508

## ATHLETE PERFORMANCE TRAINING

Resultz Sports Performance has developed a program for athletes looking to increase speed, agility, balance, and power. To ensure the highest performance is met by our athletes, all trainings are broken into small group setting to maximize individual potential & gain strength through collective support. All athletic levels welcome.

**AGES** 8-18 Years & College  
**TIME** 60 Minute Classes  
**SESSIONS** 6 Week Program  
 Starting Jan 15th, Feb 26th, April 9th  
**COST** \$180 Youth/Middle School  
 \$260 High School/College



## PROGRAM SCHEDULE

VISIT [WWW.GETRESULTZNOW.COM](http://WWW.GETRESULTZNOW.COM) FOR UP TO DATE SCHEDULES

<b>COPPERMINE</b> RACQUET & FITNESS		1420 CLARKVIEW ROAD BALTIMORE, MD 21209					
CLINICS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<b>ADULT FITNESS GROUP TRAINING</b> (18+ Years & Adult Training) 1 Hour - \$150 Monthly • 10 Sessions for \$175	5:30am 8:30am 6:00pm	5:30am 6:30am 8:30am 6:00pm	5:30am 8:30am	5:30am 6:30am 8:30am 6:00pm	5:30am 8:30am	7:30am 8:30am	
<b>YOUTH (8-11) &amp; MIDDLE SCHOOL (12-14) SPORTS PERFORMANCE TRAINING</b> 1 Hour - \$280 2x per-week (5:1 Training Ratio)		4:00pm 6:00pm		4:00pm 6:00pm			
<b>HIGH SCHOOL (14-18) &amp; COLLEGE SPORTS PERFORMANCE TRAINING</b> 1 Hour - \$260 Unlimited (4:1 Training Ratio)	4:00pm 5:00pm	5:00pm	4:00pm 5:00pm	5:00pm			