

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
 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 Sept 4th, Oct 9th, Nov 13th, Dec 18th
COST \$180 Youth/Middle School
 \$260 High School/College



PROGRAM SCHEDULE

VISIT WWW.GETRESULTZNOW.COM FOR UP TO DATE SCHEDULES

COPPERMINE RACQUET & FITNESS		1420 CLARKVIEW ROAD BALTIMORE, MD 21209					
CLINICS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
ADULT FITNESS GROUP TRAINING (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	
YOUTH (8-11) & MIDDLE SCHOOL (12-14) SPORTS PERFORMANCE TRAINING 1 Hour - \$280 2x per-week (5:1 Training Ratio)		4:00pm 6:00pm		4:00pm 6:00pm			
HIGH SCHOOL (14-18) & COLLEGE SPORTS PERFORMANCE TRAINING 1 Hour - \$260 Unlimited (4:1 Training Ratio)	4:00pm 5:00pm	5:00pm	4:00pm 5:00pm	5:00pm			