

franco's
2011-12

BRANDT QUICKTM
ATHLETIC DEVELOPMENT



SPEED



FLEXIBILITY

AGILITY



CORE STRENGTH



STABILITY

CONDITIONING



EXPLOSIVE STRENGTH



POWER



RECOVERY



NUTRITION

BRANDT QUICKTM
ATHLETIC DEVELOPMENT

2011-12 After School Sessions

SPORTS PERFORMANCE TRAINING PROGRAMS

& general fitness/circuit routines

for elementary, middle, jr. high & high school athletes
advanced programs for college & pro athletes!

GROUP TRAINING PRICES

\$35 registration fee plus
5 days a week training based on 3 month committment:
\$165 members per month (\$195 non-mbrs)
Additional family members: \$150/month, members (\$175 non-mbrs)

2-3 days a week training based on 3 month committment:
\$125 members per month (\$145 non-mbrs)
Additional family members: \$110/month, members (\$125 non-mbrs)

Can't commit to 3 months? \$35/day, \$99/week
1 on 1 training available, call for pricing

Ask about pricing if you are unable to commit to 3-months also

GROUP TRAINING SCHEDULE

Training Days & Times:

Monday, Wednesday & Friday: choose one-hour:
3:15pm - 4:15pm, 4:15pm - 5:15pm or 5:15pm - 6:15pm

Tuesday and Thursday, 4:30 - 5:30pm at Franco's

registration form

Staff: All MONTHLY Sports Performance payments are made in the Business Office with 3-month repetitives added to member's accounts. Non-members must arrange approved payments. Daily or weekly fees can be paid at the Front Desk under Sports Performance POS items.

Program and Price: _____

Name _____ Age/Grade: _____ / _____

Home Address _____

City, State, Zip _____

E-mail: _____

Phone Number: _____

In consideration of being allowed to participate in FRANCO's BQuickAD activities supervised by Brandt Quick (& other qualified trainers), and to use the facilities, equipment and machinery of Franco's Athletic Club in addition to the payment of any fee or change, I do hereby waive, release and forever discharge Brandt Quick (and other supervising instructors) and Franco's Athletic Club from any and all responsibilities or liability from injuries or damages resulting from my participation in any activities or use of any equipment or machinery in the above mentioned activities. I do also hereby release all

those mentioned and any other acting upon their behalf from any responsibilities or liability for any injury or damage to myself, including those caused by the negligent act or omission or use of any equipment at the gym at which I train.

PARTICIPANT'S SIGNATURE: _____ DATE: _____

FOR MORE INFORMATION CALL BRANDT QUICK at 705-4974 or e-mail bquick@myfrancos.com