

2011 SUMMER Schedule

**May 30th - July 29th**

Lifting for **EXPLOSIVE STRENGTH & POWER**

**SPEED, AGILITY & CONDITIONING** work on the field & in the pool

Yoga/Pilates for **FLEXIBILITY & CORE STRENGTH/STABILITY**

**CYCLING CLASSES** Video Analysis **NUTRITION** Recovery Techniques

franco's

**SPORTS PERFORMANCE**  
**training**  
**programs**  
& general fitness/circuit routines

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

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

**Monday, Wednesday, Friday**  
**10am - 12pm or 3pm - 5pm**

**Tuesday, Thursday**  
**10am - 12pm\***

\*at the Pine Street field in Madisonville

**Group Training Prices: 2 packages to choose from:**

**Registration Fee:** \$35/members, \$75 non-members plus...

**1 \$249/members per month:** June or July

Do the math...that's ONLY \$5.18 per hour/session for 48 hours of training in June  
\$5.92 per hour/session for 42 hours of training in July

**2 \$429/members for entire session:** June and July  
ONLY \$4.29 per hour/session for 100 hours of training

Can't commit long-term? **Members Prices: Weekly \$99, Daily \$35**

\*Regular daily/weekly guest fee's apply for non-members

