**Morning Conditioning Recommendation**

**Summer Plan**

* **Cost:** $150 (break down is right over $8 per class.)
* **Duration:** 6 week program (18 classes)
* **Days:** Tuesday, Thursday, and Friday
  + Starts June 18th
  + Ends: July 26th
* **Time:** 8:45/9 – 10 am
* Attendance/Make Up- Athletes still may use the current EP Group classes to make up any missed classes during this tenure.

*Also, for any athletes looking for a more intense setting with more freedom of gym time and a far more individualize workout, we'll give them a 15% discount off our Personal Programming Membership.*

**LKN Personal Program**

**Regular Price : $245**/ 4 weeks

**LKN Price:   $208**/ 4 weeks

* Personal Program- Designed workouts for serious athletes who are looking to invest in their training and willing to manage 3-5 days a week of a mixture of strength, speed and conditioning work, with their summer schedule.
* This program will help identify and improve any areas of weakness or concern while also helping to build on current strengths of the athlete
* Focus of Personal Programming: Strength, Conditioning, Fundamentals, Mobility, Speed, Agility, Nutrition
* Athlete has access to gym during Open hours (Sun: 1-3, M-F: 6am-7:30p, Sat: 8a-12p)
* Athlete must complete 1 consultation before entering and one 1 on 1 session with the coach before beginning.

I'm including additional 15% because I believe that anyone looking to train may want a little more flexibility as well as opportunities to train 4-5 days a week.

This program will be geared towards making them ready for the season and hit on all strength concepts as well as stability and conditioning needs for soccer.

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