

97 GREEN ST
FOXBORO, MA 02035
774-215-5401
WWW.ELITEFITCENTER.COM



SUMMER SPORTS PERFORMANCE PROGRAM

*IMPROVE YOUR STRENGTH, SPEED, POWER, AGILITY,
AND REDUCE THE RISK OF INJURY!*

*SMALL GROUP TRAINING
SESSIONS INCLUDE:*

STRENGTH SESSIONS - 75 MIN.

*Individualized, sport-specific strength and
conditioning program*

S.P.A.R. SESSIONS - 60 MIN.

*Focused on improving
Speed, Power, Agility, Reaction*

**10 WEEK PROGRAM
6/12 - 8/19**

**all sessions purchased expire August 19th, 2023*

FLEXIBLE & CONVENIENT ONLINE SCHEDULING

INDIVIDUALIZED PROGRAMS

SESSIONS AVAILABLE MONDAY - SATURDAY

Times may vary

**2X/WEEK
20 SESSIONS**

\$549

MOST POPULAR

**3X/WEEK
30 SESSIONS**

\$749

MOST EFFECTIVE

**4X/WEEK
40 SESSIONS**

\$899

***MOST EFFECTIVE &
BEST VALUE***

MONTHLY PACKAGES AND FAMILY MEMBERSHIPS ALSO AVAILABLE

CONTACT ELITE TO REGISTER

774-215-5401

INFO@ELITESPORTSANDPT.COM