



# Adult Athletic Conditioning Classes



MAXIMUM SPORTS  
CONDITIONING



## The Most Competitive Training Environment Available Today

### Athletic Conditioning Program

- Designed as a total athletic development program for adults 18+
- Sport-specific, individualized programs in a small group setting include all elements of athletic development (warm up, injury prevention, agility, speed and jump training, free-weight based strength program, plyometrics, core training, flexibility)
- Testing protocols and ongoing nutritional counseling (plus Performance Nutrition Manual) help track your progress

### \$249 monthly program membership

Classes offered Monday - Friday 6pm to 7pm and Saturday 10am to 11am

(Membership includes access to all adult conditioning program classes and unlimited facility access)

*Train for specific events or to bring out the everyday athlete in yourself!*

Contact us today for more information. Program space is limited!

425. 641. 4310 or email [maximum@maxsc.net](mailto:maximum@maxsc.net)

[www.maxsc.net](http://www.maxsc.net)

### Convenient Bellevue Location

14320 NE 21st, Suite 16, Bellevue, WA 98007