*“To be the best, you need to train with the best”*

**Sport-Specific Strength & Speed Training**

At Ageless in Gillespie and A Squared in Staunton

With Kevin Fuller

-More Information Request Form-

|  |  |  |
| --- | --- | --- |
|  | One on One | Small Group |
| **Trainer:Client Ratio** | 1:1 | 1:4 or less |
| **Trainers** | Kevin | Kevin |
| **Cost per session** | $27 | $12 |
| **Minimum Sessions Required** | 2 | 2 |
| **Times Available** | Morning, Afternoon, and Evening 7 Days per week | Morning, Afternoon, and Evening 7 Days per week |

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

E-Mail:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Personal or Small Group: \_\_\_\_\_\_\_\_\_\_

Training Time Preferred: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* Early Morning – Before 8am
* Late Morning – 8am – Noon
* Afternoon – Noon – 4pm
* Evening – 5pm – 8pm

Ageless Fitness – P: 217-839-2484, E: [pete@ageless-fitness.com](mailto:pete@ageless-fitness.com)

Sport-Specific Strength & Speed Training

**Is this for me? Ask yourself….**

* Do you dream about playing at the next level? If so, you need to start training like it!
* Are you dedicated, hard working, and hungry for success? Do you want to be the best?
* Does your coach tell you that you’re too slow or too weak to play?
* Are you constantly injured and missing games?
* Do you want to make the move from the bench to the starting lineup? Do you want to make the move from role player to star?
* Is the only that is separating you from the best players in the area strength?
* Are you ready to shock your coaches, teammates, and competition next season?

**What is included:**

1. Initial free assessment that includes a brief baseline workout introducing you to our system.
2. Custom, progressive workouts designed specifically for you and your sport.
3. Workouts to perform at home and at the gym on days you don’t train with us.
4. Nutritional advice so that you get the most results from your training and perform the best you can on the field.

**Misc Rules:**

\*All sessions are between 45-60 minutes

\* Sessions are paid for upfront.

\*A minimum of 2 sessions must be purchased, and those sessions must be used within 7 days from each other. So if you purchase your package on Monday, but don’t train until Friday. your second session must be used by the following Friday. Why do we put an expiration date on it? Because people who get the best results train at least twice weekly. This is about results, not the money!

\*Cancellations must be made 48 hours in advance or you lose your session.

\*You must be a member of the gym to purchase a training package.

Have questions? Call us at 217-839-2484 or e-mail us at pete@ageless-fitness.com