

TAPT

Total Athletic Performance Training

4 WEEK PROGRAM

JANUARY 16TH – FEBRUARY 8TH

Monday 4:00 pm – 4:30pm Wednesday 4:00 pm – 4:30pm

WHAT IS TAPT?

TAPT is a sports performance program built around athletic movement. Our trainers are Certified Strength and Conditioning Specialists that have experience in working with athletes of all ages and levels.

What to expect?

A small group setting with personalized attention (maximum 6 athletes per trainer). Our trainers will help develop athletes in the following areas

- Field and Court Conditioning
- Functional Movement
- Injury Prevention
- Power Development
- Speed, Agility and Quickness
- Eye Hand coordination and footwork

Schedules may change based on participation. Please choose day and times per week and call to confirm.

Group Rates: Half Hour Sessions

MONDAY/WEDNESDAY

\$136/MEMBER

\$176/NON-MEMBER

*Minimum three participants per class. **No Refunds will be offered for missed classes once session begins.**

Program Registration Form

Class day(s): _____ Time: _____

Name: _____ Membership #: _____

Address: _____ City: _____ State: _____ Zip: _____

Daytime Phone: _____ Evening Phone: _____

E-mail Address: _____

Signature: _____ Date: _____

MIDTOWN
ATHLETIC CLUB®

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