



# BUILD A BETTER ATHLETE

## NEXT LEVEL's

# Complete Athletic Development

*Welcome to the most comprehensive athletic development program in the area!*

**Next Level Performance Training's COMPLETE ATHLETIC DEVELOPMENT**

is a comprehensive workout program with only 8 athletes per session.

Our training facility at Chestnut Forks offers a dedicated weight training area and access to indoor and outdoor running facilities which allow our athletes to achieve their maximum performance goals.

Our training will focus on:

- Speed, Agility and Quickness | Core Strength**
- Flexibility | Injury Prevention**
- Overall Body Strength | Explosiveness**
- Sport Specific Exercises | Olympic Weight Lifting**

Fall/Winter 2009

**After School Training**

➤ **Ages 10-13**

Monday & Wednesday  
4:00-5:00 p.m.

➤ **Ages 14-18**

Tuesday & Thursday  
4:00-5:00 p.m.

**\$139**/month

*Training begins September 7, 2009*

**Sign up TODAY at**  
[www.NLTraining.com](http://www.NLTraining.com)



**Space is limited. Sign up early!**  
[www.NLTraining.com](http://www.NLTraining.com)  
703-919-6200



**Colby Schreckengost**  
President and Director of Training

