We understand that scheduling is very difficult and trying to coordinate an entire team to make a single time can feel impossible. Athletes today are up against stronger and better prepared competitors. Adding strength and conditioning programs on top of your sports regular schedule of games and practices have become the norm.

- Flexible weekly schedule and start time for what days each athlete can come in
- Athlete gets their own program tailored to the athlete’s needs and ability level
- Available to athletes of any sport
- Coach present to teach and correct form

SCHEDULE
3pm to 5pm window
Monday through Friday

AGES
10 to 18 (athletes under 10 will be case by case)

PARTNERSHIP
Middlesex Recreation
Code: MSREC
For $25 off First Month

PRICING
$75/month no contract