

EXTREME SPEED SCHOOL

ATHLETE ASSESSMENT

One of our Sports Performance Coaches will analyze your current level of conditioning, athletic ability and overall fitness. Then we will customize a program that is geared towards achieving your specific goals. In addition we will also be able to partner you with other similar athletes in our program. Your progress will be recorded and monitored throughout your time training with our team.

Small Group Training

Once your assessment is completed you will partner with other athletes in our program of similar skill, ability and age. This small group setting will allow for maximum improvement and individual development at an intense pace. In addition, we also allow the creation of your own groups (friends, teammates, etc.).

Individual Training

Many athletes benefit with intense individualized sessions that focus specifically on their weaknesses. These sessions will be 1 on 1 between athlete and one of our certified Sports Performance Coaches.

Team Training

Allow our speed specialists to work with your entire Team. We will customize a program that meets your entire team needs and goals. We will also perform this training at your location if needed.

Unlimited Workouts

Take advantage of our monthly Unlimited Workouts that allows for unlimited speed workouts with our Sports Performance Coaches. Monthly schedule offers a variety of days, times & classes to meet your needs.

EXTREME
SPEED SCHOOL

**SPORTS
CITY**

*For more Information:
contact us at 732-919-0202
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