



## Total Conditioning for Teens

Take your sport to the next level! Maximize your performance on the court or on the field by increasing your speed, agility, and endurance levels. Program features a dynamic warm-up, plyometric drills, and conditioning and strength drills for speed. This program is intended for young adults **ages 12-15**. You do not need to be a member of the Y to participate in this program.

**When:** Mondays & Wednesdays from 4pm-5pm  
June 22<sup>nd</sup> – August 14<sup>th</sup>

*\*No classes scheduled the week of July 5<sup>th</sup>. No class scheduled on Monday, July 20<sup>th</sup>.*

**Location:** Y of Central Maryland Dancel Center, 4331 Montgomery Rd, Ellicott City, MD 21043

**Fee:** The fee for the Total Conditioning for Teens program will be bundled into four package offerings. **Participants can pick and choose which dates they would like to attend.** The package options are as follows:

**Package A** - Includes six classes during the summer session. The cost is \$90.

**Package B** - Includes eight classes during the summer session. The cost is \$120.

**Package C** - Includes twelve classes during the summer session. The cost is \$180.

**Note:** Participants, who will be **attending less than six sessions**, can pay \$15 per session. Payment must be in the form of check or cash. Checks should be written out to the Y of Central Maryland and must be submitted to Jeff Friday directly (not the front desk).

**To Register:** Contact Jennifer Friday at 410-340-2777 or [Jennifer@getinproshape.com](mailto:Jennifer@getinproshape.com)

***“Under Jeff’s strength and conditioning program I was able to elevate my game to All-Pro status. I highly recommend Jeff’s program if you’re serious about taking your game to the next level.”***

Peter Boulware, 4 Time Pro Bowl Player  
Baltimore Ravens (1997-2004)



It's deeper here.®  
[ymaryland.org](http://ymaryland.org)

