



## CURRENT SCHEDULE - WINTER

Oct. 29th - Dec. 22nd

### AGES 12 AND UP

Monday	4:00PM, 6:30PM, 8:00PM
Tuesday	4:00PM, 6:30PM, 8:00PM
Wednesday	4:00PM, 8:00PM
Thursday	4:00PM, 6:30PM, 8:00PM
Friday	NO TIMES AVAILABLE
Saturday	9:30AM or 11:00AM

### AGES 7-11

Monday	5:30PM
Tuesday	5:30PM
Thursday	5:30PM

EXPLOSION Conditioning prepares the athlete by building a solid foundation. EXPLOSION offers comprehensive performance conditioning, including movement training, speed, agility, power, strength training, and sport specific training. Athletes are supervised through an intense workout with attention paid to safety and performance.

### **TRAINING PROGRAMS**

**NEW!!!** 4 or 6 month Training Programs available with EFT Billing

AGES	DURATION	COST	REGISTRATION
12+	6 Month Off-Season	\$125/month	Call (630) 324-8248
12+	4 Month Off-Season	\$156/month	Call (630) 324-8248
12+	2 Month Session	\$375	Register ONLINE
7-11	2 Month Session	\$250	Register ONLINE

### **GROUP TRAINING SESSIONS**

Explosion offers group training on a flexible schedule that allows you to choose the times and days that are most convenient to train. Each Explosion program meets twice a week. Group training allows athletes to get individual attention in a group setting that increases social support and enhances results.

For more information regarding Group EXPLOSION, please call (630)324-8248 or send an email to **Mark Crabtree**

### **EXPLOSION® IS FLEXIBLE WITH YOUR SCHEDULE**

Each week brings different challenges and different commitments. There's no reason to miss any of those activities or miss an EXPLOSION® session because now EXPLOSION® bends, but retains it's tensile strength in making athletes perform better. **No pre-registering for days and times.** You attend the sessions that fit your schedule the best. You might consistently attend the same times each week, or depending on your other commitments each week might bring a different combination of days and times.

**FOR MORE DETAILS AND INFORMATION VISIT  
BULLSSOXACADEMY.COM**