

# KANSAS CITY ATHLETE TRAINING GROUP CLASS SCHEDULE

CLASSES ARE OPEN TO BOTH BOYS AND GIRLS FROM ANY SPORT OR TEAM OR LEAGUE

<b>CLASS 1</b>	The <b>LIGHT BLUE CLASSES BELOW</b> indicate our introductory speed and agility class which is open to all athletes both boys and girls... we recommend all attendees who are in 4th Grade or below to attend these classes first. Smaller class sizes so it allows the instructors to work with the attendee on form at a developmental pace.				<b>\$95.00 Monthly Membership Unlimited Classes</b>
<b>CLASS 2</b>	The <b>ORANGE COLOR CLASSES BELOW</b> indicate our elite speed and agility class which is open to all athletes both boys and girls... we recommend all attendees who are in 5th Grade or higher to attend these classes. These classes are taught at an escalated rate to help prepare our older attendees for their upcoming sports season.				<b>Personal Training Available</b>
<b>FOOTBALL CLASS</b>	The <b>PURPLE COLOR CLASSES BELOW</b> indicate a football specific class... these classes focus on fundamental skills. These classes are open to any player, from any team or league. We do not teach specific plays but cover ball carrying skills, pass catching skills, lineman techniques, tackling fundamentals.				<b>IF YOU HAVE QUESTIONS PLEASE ASK US</b>
<b>WEIGHTLIFTING</b>	Our weightlifting class is an introduction to basic lifting techniques as we focus on the proper fundamentals of how to Bench Press, Squat, Hang Clean... we will focus on proper grip, breathing and more importantly help provide our attendees with confidence to go to the gym and lift the proper way. We will conduct MAX OUT periodical to measure success. <b>THE GREEN COLOR CLASS BELOW.</b>				<b>CALL 816-379-3701</b>
<b>TIMES</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>
<b>CLASS 1</b>	<b>SPEED CLASS/AGILITY BOYS &amp; GIRLS</b> 6:30pm - 7:30pm (1 hr) \$10.00	<b>SPEED CLASS/AGILITY BOYS &amp; GIRLS</b> 6:30pm - 7:30pm (1 hr) \$10.00	<b>SPEED CLASS/AGILITY BOYS &amp; GIRLS</b> 6:30pm - 7:30pm (1 hr) \$10.00	<b>WEIGHTLIFTING BOYS &amp; GIRLS</b> 6:00pm - 7:30pm (1.5 hr) \$15.00	<b>SPEED CLASS/AGILITY BOYS &amp; GIRLS</b> 6:30pm - 7:30pm (1 hr) \$10.00
<b>CLASS 2</b>	<b>FOOTBALL SPECIFIC OFFENSE POSITIONS</b> 7:30pm - 9:00pm (1.5 hr) \$15.00	<b>ELITE SPEED CLASS</b> Grades 5th & Older 7:30pm - 9:00pm (1.5 hr) \$15.00	<b>FOOTBALL SPECIFIC DEFENSE POSITIONS</b> 7:30pm - 9:00pm (1.5 hr) \$15.00	<b>We Recommend 6th and higher for our weightlifting class</b>	<b>ELITE SPEED CLASS</b> Grades 5th & Older 7:30pm - 9:00pm (1.5 hr) \$15.00

KANSAS CITY ATHLETE TRAINING FACILITY IS LOCATED IN NORTH KANSAS CITY

CHANGES AND UPDATES WILL BE POSTED ON OUR WEBSITE AND FACEBOOK PAGE

LIKE US ON FACEBOOK @ KansasCityAthleteTraining

PLEASE VISIT OUR WEBSITE - [www.KCathletics.com](http://www.KCathletics.com) FOR MORE INFORMATION

LOCATION - 1204 Swift St., North Kansas City Missouri 64116