

# SPIRE PERFORMANCE

## Summer Programs



SPIRE Performance has exactly what you need to help improve your strength, power, speed, and athletic abilities this off-season.

### Speed & Lift (Full Program) June 5<sup>th</sup> – July 28<sup>th</sup>

Group	Days	Morning Hours	Evening Hours
High School Prep (8-13yr)	Mon/Wed/Fri	9:00 am - 11:00 am	5:30 – 7:15 pm
College Prep (14-18yr)	Mon/Wed/Fri	10:00 am - 12:00 pm	5:00 – 7:00 pm

### Collegiate Speed & Lift (Full Program) May 15<sup>th</sup> – Aug 4<sup>th</sup>

Group	Days	Morning Hours	Evening Hours
Collegiate Athletes	Mon thru Fri	8:00 -10:00 am	3:00 – 5:00 pm

**Cost: \$30.00/session**

### Speed -Or- Lift June 5<sup>th</sup> – Aug. 25<sup>th</sup>

Group	Days	Speed	Lift
High School Prep (8-13yr)	Mon thru Fri	5:30 – 6:30 pm	6:30 – 7:30 pm
College Prep (14-18yr)	Mon thru Fri	5:00 – 6:00 pm	6:00 – 7:00 pm

**Cost: \$22.50/session**

**\*ALL PROGRAMS Saturday Hours\*:** Speed 10-11am Lift 11-12pm

### Open Gym (\*NEW Collegiate Program\*) June 5<sup>th</sup> – Aug. 25<sup>th</sup>

Package	Description
Silver Package	Use your own resistance program and utilize all of SPC equipment
Gold Package	Utilize all of SPC equipment with a personalized strength program from a SPC coach. Monthly program can be 2, 3 or 4 days/week.

Package	Cost			Morning Hours	Evening Hours
Silver Package	\$50/month			8 am – 12 pm	2pm – 7pm
Gold Package	2 days/wk	3 days/wk	4 days/wk	8 am – 12 pm	2pm – 7pm
	\$75/month	\$100/month	\$125/month		

**\*ALL Open Gym Saturday Hours\*:** 9 am to 12:00 pm

#### Contact Information and registration:

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