

PT FITCAMP

CYCLONE ATHLETE TRAINING CLASSES

Specifically designed to:

- Increase speed and agility.
- Get stronger from the core out.
- Sharpen endurance, coordination and reaction time.
- Improve self confidence.
- Reduce injury.

Program Details:

- **\$149 per month**
- Classes run Mon/Wed/Fri
- 4:15PM to 5:15PM
- Players can take up to 3 classes per week
- Players with a package need to book classes online to control class capacity.
- Ages 11 to 16

**ALL PROGRESS TAKES PLACE OUTSIDE
THE COMFORT ZONE!**



With Pete Tachev

Pete is a master trainer with over 15 years experience training athletes



How do I signup?

1. Go to <https://www.outofthepark22.com/camps-clinics>
2. Click the monthly session and pay for the package
3. While signed in click "Book Sessions" to enroll
4. **PUT THE WORK IN AND GET RESULTS!**

*Out the Park Sports Training Facility and PT FITCAMP
200 US 22, Green Brook NJ 08812*