



Helping Youth and High School athletes reach their true potential!

EA Sports Conditioning (ages 10-18)

EA Sports Conditioning Coach Peter Sleight: BS Health and Fitness Springfield College. Certified Strength and conditioning coach, certified endurance coach with over 20 years of experience working with athletes of all ages and all levels.

EA Sports Conditioning is designed to improve your youth athlete in:

- Cardiovascular fitness
- Total body strength (Lower, Core and Upper Body)
- Run speed (skate speed)
- Foot speed
- Lateral movement
- Vertical jumping ability
- Hand-eye coordination
- Flexibility/Mobility
- Injury prevention and more

Workout specifics: The duration of the class will be 1 hour, including warm-up and cool-down. Your coach will build a fitness foundation for each athlete and then progress each of them at their own pace and their own ability. He will create a fun yet structured and challenging environment so that each athlete will get the most out of their program.

When: Sports Conditioning Classes are available by appointment only.

Where: EA Sports Conditioning Studio, 4 Cahill Park Drive, Framingham MA 01702

Coach: Client cost break-down

Coach: Client ratio	Cost per hour
1:1	\$68
1:2	\$39
1:3	\$29

Contact: Peter Sleight at peter@everactiveonline.com or call 508.494.3981 to reserve your space or if you have any questions or concerns. Parent Authorization signature will be required prior to participating in the program.