

NEXT



LEVEL

STRENGTH AND CONDITIONING

ATTENTION

COACHES!

FALL AND WINTER TEAM TRAINING SLOTS ARE GOING FAST!

Our team of certified strength coaches will design each program to meet the specific needs of your team (sport, age, location, budget, frequency/duration, etc.)! Sessions can be scheduled at Next Level in Fairport, or at your school/ home practice facility! With the implementation of scientifically proven, developmentally appropriate training methods under the close guidance of the area's top trainers, athletes of all ages will decrease the risk of injury and experience drastic performance gains!

Gain an unfair advantage over your competition and contact us TODAY to learn more, or to schedule your FREE team demo session for up to 30 athletes!

Other team services include:

- Program Design/ Consultation
- Functional Training Skill Development
- Sports Nutrition Advisement
- Combine Testing
- Instructional Seminars for Players, Coaches and Parents!

Individual athletes will receive a **15% DISCOUNT OFF** of any small group program (Elite Sports Performance, Essential Sports Performance, Speed & Agility, Youth FUNdamentals) that we offer by signing up with 2 or more athletes!

CONTACT US TODAY TO LEARN MORE!

Contact us to learn more: NateV@TrainAtNextLevel.com

Next Level Training Facility, 80 Lyndon Road, Fairport, NY 14450 - 585-500-9324

www.trainatnextlevel.com • info@TrainAtNextLevel.com