



Work Hard. Train Smart.

St.Vincent Sports Performance adult boot camp classes

Expert coaching is accessible to everyone with a fitness goal!

- Intense and diverse training.
- Come prepared to work.
- Kettlebells, battling ropes and fun.

Cost

- \$89 per month (2x per week)
- No refunds during term

Call **317.415.5747** to register.

Location

St.Vincent Sports Performance at Clay Terrace
14455 Clay Terrace Boulevard, Suite A

Monday/Wednesday/Friday - 6 - 7 AM
Tuesday/Thursday - 5:30 - 6:30 AM
Tuesday/Thursday - 6:00 - 7:00 PM
(see below for start dates)



2017 Summer Training Schedule

May 30, 2017 - August 11, 2017

HIGH SCHOOL OFFERINGS

High School Performance

Monday/Wednesday - 4:30 - 6:00 PM
Tuesday/Thursday - 4:30 - 6:00 PM

High School Football

(starts Tue., June 6th, ENDS July 28th)
Tuesday/Thursday - 7:00 - 8:30 AM

High School Basketball

(started April 17th, ENDS November 1st)
Monday through Thursday - 4:00 - 5:30 PM

High School Soccer

Tuesday/Thursday - 4:00 - 5:30 PM

ADULT PERFORMANCE OFFERINGS

Adult Performance

MORNING

(starts June 5th, CONTINUES INDEFINITELY)
Monday/Wednesday/Friday - 6 - 7 AM
Tuesday/Thursday - 5:30 - 6:30 AM

EVENING

(starts June 6th, ENDS August 10th)
Tuesday/Thursday - 6:00 - 7:00 PM

MIDDLE SCHOOL OFFERINGS

Middle School Performance

Monday/Wednesday - 6:00 - 7:00 PM
Tuesday/Thursday - 6:00 - 7:00 PM

COLLEGE OFFERINGS

College Performance

Monday/Wednesday/Friday - 1:00 - 2:30 PM

College Football

May 8th - June 2nd
Monday/Wednesday/Friday - 1 - 2:30 PM

June 5th - July 28th

Monday/Tuesday/Thursday/Friday - 1 - 2:30 PM

College Open Gym

Monday through Friday - 11:00 AM - 1:00 PM

*\$100/month for facility access during designated hours (11-1). Athletes can utilize foam rolls, bands for stretching & activation, NormaTec recovery boots, ice, etc. before and/or after the two hour training period. Athletes will be supervised by strength & conditioning coach during training period. This offering is ideal for athletes who have more experience in the weight room, have a program written by their collegiate strength coach, and feel comfortable executing their program with minimal help.

Call 317-415-5747 (Option 2) to register for sessions now, and take your game to the next level with St. Vincent Sports Performance.

- Don't see your sport represented on the schedule? No problem. Our coaches can adapt the training during the session to address your sport!
- Team Training: Get 7 other athletes to train at the same time with you and we'll create your own TEAM! This session is exclusive to your group.

DefiningSportsPerformance.com
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St. Vincent
Sports Performance