



# BERKS ELITE TRAINING

**3030 Kutztown Road • Temple, PA**

**610-223-2734 • info@berkselitetraining.com • berkselitetraining.com**

## ★ Training Programs

### **BET Youth (Ages 7-11)**

American College of Sports Medicine (ACSM) has proven that ages 7-11 are the most important for a young athlete to develop motor skills. Our Youth classes use this research in a positive environment to enhance performance and self worth. Most importantly, it has been shown that if a child can develop these skills at this age, they are more likely to retain them!

#### **Enhances:**

- Running technique
- Coordination
- Body weight strength
- First-step explosion
- Flexibility
- Self Confidence

### **BET Intermediate (Ages 12-15)**

ACSM has identified this group as the most important for muscular development when related to sport performance. Proper running and lifting technique at this age is imperative for both performance and injury prevention. All athletes in this grouping will be taught how to train smarter!

### **BET Advanced (Ages 16-18)**

The perfect combination of strength, quickness and endurance - you want to get physically and mentally fit for your high school season? This curriculum is designed to have you in the best shape of your life and keep you on the field! We will train hard, smart and your limits will be tested!

## ★ Team & Private Training

### **BET Team Training**

Any coach would agree that the more athletic their team is, the more successful they are. In this environment, we will cater to your team's specific needs to increase overall athleticism and team bonding. Call today to get your team started!

#### **Rates:**

- 8-Week Program - \$175/athlete • 2 times per week • Min. 10 athletes
- 4-Week Program - \$99/athlete • 2 times per week • Min. 10 athletes

### **BET Private Training**

Pete Rowley and John Murphy are available to help you meet your goals for speed, strength, form or transitional rehabilitation as quick as possible!

#### **Rates:**

- 10 Pack - \$500 (\$50/session)
- 5 Pack - \$300 (\$60/session)

## ★ Winter Schedule & Rates

### **Youth -**

M/W/F - 6 p.m. ; T/Th - 6 p.m. or 7 p.m.  
Saturday - 9 a.m.  
1 month - \$125 • 3 months - \$325

### **Intermediate -**

M/W - 4 p.m. (strength) & 5 p.m or 7 p.m.; T/Th - 5 p.m.  
F - 4 p.m. (strength) or 5 p.m.; Saturday - 10 a.m.  
1 month - \$150 • 3 months - \$350

### **Advanced -**

M/W - 4 p.m (strength), 5 p.m. or 7 p.m.  
T/Th/F - 4 p.m. (strength) & 5 p.m.  
Saturday - 10 a.m.  
1 month - \$150 • 3 months - \$350

**Adult classes offered!** Series includes Cardio Kick, High Intensity Anaerobic Conditioning (HIAC) and Elite Power Hour. Classes for every fitness level. See our Web site or call for details!

## ★ Meet the Staff

pete **ROWLEY** john **MURPHY** robb **WALTERS** zach **GROFF** anthony **GEDDIO**



READING HEALTH  
PHYSICIAN NETWORK

READING HEALTH SYSTEM

Sports Medicine