



# PERFORMANCE TRAINING

The SportsPlex is offering Performance Training! Performance training is an opportunity to build a solid foundation for athletic abilities and motor skills. Trainings emphasize speed and agility development, balance, coordination and reaction time. Trainings will be led by Cindy Henry & Darren Neels. Cindy is a certified National Sports Performance Association Speed and Agility & Program Design Specialist. Darren is also an American Council of Exercise (ACE) certified. Darren holds specialist certificates from ACE in Sports Conditioning and Youth Fitness. Darren's formal education includes a master's degree in Human Performance from the University of Alabama. Call 573.339.6341 to register for a training!

## **Jr. Performance Training | Ages 6-9**

Trainings will be held Mondays, Wednesdays & Fridays from June 1 - July 31 from 2:00 p.m. - 3:00 p.m.  
Cost: \$95 per month OR pay \$150 upfront for both months (save \$20/month!). Try the class anytime for a \$10 drop in fee!

## **Performance Training 1 | Ages 10-13**

Trainings will be held Mondays, Wednesdays & Fridays from June 1 - July 31 from 12:30 p.m. - 2:00 p.m.  
Cost: \$125 per month OR pay \$200 upfront for both months (save \$25/month!). Try the class anytime for a \$10 drop in fee!

## **Performance Training 2 | Ages 14-18**

Trainings will be held Mondays, Wednesdays & Fridays from June 1 - July 31 from 11:00 a.m. - 12:30 p.m.  
Cost: \$125 per month OR pay \$200 upfront for both months (save \$25/month!). Try the class anytime for a \$10 drop in fee!

