




EVERETT PHYSICAL THERAPY

SPORTS PERFORMANCE CENTER, LLC

AN IRG AFFILIATE

Summer Program Schedule and Class Times (6/20-9/2)

<i>Athlete Development Program</i>	Age	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PRO Movement Development	High School and Above	11:00AM 4:00PM 6:00PM	11:00AM 4:00PM 6:00PM	11:00AM 4:00PM 6:00PM	11:00AM 4:00PM 6:00PM	11:00AM 4:00PM 6:00PM*	11:00 AM
SEMI PRO Movement Development	Elementary and Middle School	9:00AM 4:30PM 6:30PM	9:00AM 4:30PM 6:30PM	9:00AM 4:30PM 6:30PM	9:00AM 4:30PM 6:30PM	9:00AM 4:30PM 6:00PM*	9:00 AM
Strength Development Program	PRO & SEMI PRO Age Appropriate Small Groups	10:00AM 12:00PM 3:00PM 5:00PM 5:30PM	10:00AM 12:00PM 3:00PM 5:00PM 5:30PM	10:00AM 12:00PM 3:00PM 5:00PM 5:30PM	10:00AM 12:00PM 3:00PM 5:00PM 5:30PM	10:00AM 12:00PM 3:00PM 5:00PM 5:30PM	10:00AM 12:00PM
ADULT PERFORMANCE FIT	Any (Drop In)	6am to 10am 11am to 1pm 3pm to 8pm	6am to 10am 11am to 1pm 3pm to 8pm	6am to 10am 11am to 1pm 3pm to 8pm	6am to 10am 11am to 1pm 3pm to 8pm	6am to 10am 11am to 1pm 3pm to 7pm	9am to 1pm
GOLF FIT PERFORMANCE	Any (Drop In)	6am to 10am 11am to 1pm 3pm to 8pm	6am to 10am 11am to 1pm 3pm to 8pm	6am to 10am 11am to 1pm 3pm to 8pm	6am to 10am 11am to 1pm 3pm to 8pm	6am to 10am 11am to 1pm 3pm to 7pm	9am to 1pm
 ZUMBA FITNESS	Any	6:30PM		6:45PM		5:30PM (First Friday of month only)	

ADP Reminder

ADP Members must pre-register online or by phone for all Movement and Strength Classes to reserve their spot. ADP Registration allows us to track every athletes progress. Help us help your athlete better and please register!!!

FREE WEEK TRIAL!

Golf Fit and Adult Performance requires initial evaluation and consultation by our Performance Team! Call today to Schedule!

Each Session is 60 minutes. Schedule is subject to change.

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