



EVERETT PHYSICAL THERAPY
SPORTS PERFORMANCE CENTER, LLC
 AN IRG AFFILIATE



Program Schedule

Athlete Development Program	Age	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
PRO Movement Development	High School and Above	4:00PM 5:30PM 7:30PM*	4:00PM 5:30PM 7:30PM*	4:00PM 5:30PM 7:30PM*	4:00PM 5:30PM 7:30PM*	4:00PM 5:30PM 7:30PM*	10:00 AM	2:00PM
SEMI PRO Movement Development	Elementary and Middle School	4:30PM 6:30PM 7:30PM*	4:30PM 6:30PM 7:30PM*	4:30PM 6:30PM 7:30PM*	4:30PM 6:30PM 7:30PM*	4:30PM 6:30PM 7:30PM*	8:00 AM	12PM
Strength Development Program	8 years old and Up	5:00PM 5:30PM 6:30PM 7:30PM	5:00PM 5:30PM 6:30PM 7:30PM	5:00PM 5:30PM 6:30PM 7:30PM	5:00PM 5:30PM 6:30PM 7:30PM	5:00PM 5:30PM 6:30PM 7:30PM	9:00AM 11:00AM	1:00PM 3:00PM
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 8pm	8am to 12pm	12pm to 4pm
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 8pm	8am to 12pm	12pm to 4pm
YOGA	Any			5:30 PM				
 ZUMBA FITNESS	Any	9:30AM 6:30PM		6:45PM	9:30AM	5:30PM (First Friday of month only)		



Each Session is 60 minutes. Schedule is subject to change. *Denotes a Mixed Age Class

**ESPC MEMBERS MUST PRE-REGISTER ONLINE OR BY PHONE FOR ALL
 ATHLETE DEVELOPMENT PROGRAMS (MOVEMENT AND STRENGTH)**



1502 Hewitt Avenue ■ Everett, WA ■ 98201 ■ 425-512-0671 ■ www.everettpt.com