



## STRENGTH & CONDITIONING PROGRAM

Strength training is an essential element of fitness for just about every sport male or female athletes play. The benefits strength training to athletic performance has on an individual are great. An analysis of any game or event shows that most athletes require explosive power, muscular endurance, maximal strength or some combination of all three to perform at a high level. Elevate your game and maximize your potential with Kinetic Energy.

FOR INFO ON ALL KINETIC ENERGY PROGRAMS PLEASE VISIT OUR WEBSITE:

[WWW.KENERGYFITNESS.COM](http://WWW.KENERGYFITNESS.COM)

Email us at [info@kenergyfitness.com](mailto:info@kenergyfitness.com) for additional information

### 5 WEEK PROGRAM (Every Wednesday) (Indoor/Outdoor Program)

**WHEN:** July 14<sup>TH</sup> – August 11<sup>TH</sup>

**TIME:** 6:30-7:15pm

**WHO:** 9<sup>TH</sup> – 12<sup>TH</sup> grade

**WHERE:** Rockville Centre: St Mark’s Gymnasium 200 Hempstead Ave RVC, NY 11570

**COST:** \$125

**DISCOUNT:** Register into our speed & agility program also and pay **ONLY \$200 OR** register with a guest into our strength & conditioning class and pay **ONLY \$80** each (limited to 1 guest). Please mail your guests registration form with your form **OR** mail your speed & agility form with this form.

(Please make check payable to Kinetic Energy)

To enroll: Please fill out the form and mail to Kinetic Energy 46 Parma Rd Island Park, NY 11558

Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
Last First

Address: \_\_\_\_\_  
Street Town Zip

Email: \_\_\_\_\_ Sport: \_\_\_\_\_  
(Please provide for correspondence & confirmation)

INVITED GUEST NAME: \_\_\_\_\_

School: \_\_\_\_\_ Emergency Contact: \_\_\_\_\_

I understand that the use of equipment, strength, flexibility, aerobic, and anaerobic activity is potentially a hazardous activity. I am voluntarily participating in these activities with the knowledge of the dangers involved. I also state to the best of my knowledge that I have no current medical condition that would prohibit me from participating in these aforementioned activities. Further, I hold Kinetic Energy and its employees harmless for any injury, damage or loss to my person and or property sustained while in the Kinetic Energy programs except those due to negligence.

Date: \_\_\_\_\_ Parent/Guardian signature: \_\_\_\_\_

