



Instruction & Training Strength-Speed-Conditioning

Personal training development programs designed specifically for young athletes wanting to maximize all levels of strength, speed and conditioning.



Chuck VanRobays-Director of Strength-Speed-Conditioning

Coach VanRobays is a full time Personal Trainer focused on strength, speed and conditioning development. He has been certified as both a Sports Conditioning Specialist and a Personal Trainer by the International Fitness Professionals Association since 2002. Coach VanRobays also has continuing education certifications in the following areas:

*Plyometric Training *Advanced Plyometric Training *Sports Conditioning-Young Athletes
*Baseball Conditioning *Sprint Mechanics *Basketball Conditioning *Nutrition for Athletes

Instructional Training-Explosive, multi-joint training: Emphasis on Plyometrics.

Personal evaluation, objectives and training plan developed for each athlete. If your goals are Bigger, Stronger, Flexible and Faster, see our staff to sign up today.

Ages: 8 years and up. Lesson time slots are scheduled in 30 min and 60 min intervals.

Instructor Team

Chuck VanRobays
Dylan Putnam
Scott Nestor

*See website or Information Center at our facility for full Instructor Bio's.

Time is available by reservation and appointment only. Instructors have designated "Available Times" during each week. Contact the facility to sign up for your personal training today!

Personal Training Pricing

- Individual: 30 min-\$60.00, 60 min-\$105.00
- 2-Person: 30 min-\$40.00 each, 60 min-\$75.00 each
- 3-Person: 60 min-\$60.00 each
- 4-Person: 60 min-\$50.00 each
- Team Conditioning: \$195.00

*5-Pack Discount Pricing Available on all Personal and Multi-Athlete Training

Website: www.thevarsityshoptrainingcenter.com