

**ATHLETIC**  **REPUBLIC**

# East Valley Juniors

🌟 **AR 365**

- 🌟 Unlimited AR Training sessions
- 🌟 12 month commitment
- 🌟 \$129/month
  - 🌟 Available to train during EVJ sessions
  - 🌟 Available to train outside of EVJ sessions
  - 🌟 Paid monthly
- 🌟 Pre Training Performance Assessment
  - 🌟 \$25 if performed with all other EVJ athletes

🌟 **East Valley Juniors and AR will be holding Open House**

- 🌟 **Saturday, December 12<sup>th</sup>, 12:00 pm**

🌟 **Note:** All training session protocol, duration, intensity, and purpose will be fully customized to the individual athlete's age, gender, ability, and sport. All training sessions include a 15 minute active dynamic warm up completed before the 60 minute session to enhance flexibility, coordination and prepare the athlete for the training session.