

snap fitness^{24/7}

PRESENTS

SUMMER ATHLETE DEVELOPMENT PROGRAMS

TRAIN SMARTER. MOVE BETTER. PERFORM STRONGER.

MIDDLE SCHOOL

STRENGTH & ATHLETIC DEVELOPMENT



Build a strong foundation for young athletes to **move better, gain confidence,** and develop **strength safely.**



Focus on **proper technique**—not heavy lifting—while learning key movements like **squats, hinges, pushes, pulls,** and **core stability.**



Each session includes **strength training, speed & agility work,** and **injury prevention.**



All levels welcome. The goal: **better performance, fewer injuries,** and **long-term success** in sports.

SCAN TO SIGN UP!



HIGH SCHOOL

AGILITY • SPEED • VERTICAL



Designed for athletes ready to **stand out** and take performance to the **next level.**



These sessions complement summer lifting by focusing on **speed, explosiveness,** and **movement efficiency.**



Train **sprint mechanics, agility, jump performance,** and proper landing to boost performance and **reduce injury risk.**



The goal: turn strength into real on-field **speed, power,** and **athleticism.**

SCAN TO SIGN UP!



MEET YOUR TRAINER

ELI EMMING

NASM CERTIFIED PERSONAL TRAINER

Eli has led elite youth fitness programs in Colorado and specializes in helping athletes improve performance, build confidence, and train with purpose.



YOUTH EXPERTISE



PERFORMANCE FOCUSED



SAFETY & TECHNIQUE FIRST

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STRONGER TODAY. BETTER TOMORROW.

SNAP FITNESS | SIOUX CENTER