



# Do You XL?

Welcome to XL™ Athletic Performance  
www.XLPlayLarge.com

Athletic Performance

## [Endurance Athlete]

*Performance for the Long Haul*

**Are you a runner, cyclist or tri-athlete? Would you like to become faster, stronger and less injury prone? If so, this is the class for you.**

**Program Description:** The Endurance Athlete class is a comprehensive training program for active individuals. This class is geared towards anyone who is competing in 5K runs up to full Ironmans. Throughout the 8-week session our Certified Performance Specialists will help you to enhance your flexibility, through dynamic warm up and static stretching techniques, improve your balance, core stability, and overall strength for injury prevention. We will also teach you the fundamentals of endurance training that will translate to running, biking, swimming, etc. The small group setting helps to promote a highly energetic and enthusiastic atmosphere in our state of the art training facility. Sign up today to improve your next endurance event!

**Starting April 13, 2010**

Session	Days	Time	Price
8 weeks 2x/week	Tues/Thur	5:00-6:00 pm	\$160 BFC members and students \$240 Non BFC members

**Bellin Team Training Incentive:** If a group of 8-15 participants sign up as Bellin employees (spouses included) or Bellin Fitness Center (BFC) members for the same class time, they will qualify for the discounted "Team Training" rates listed below:

- 8-10 participants at a rate of \$140.00\* per athlete
- 11-15 participants at a rate of \$130.00\* per athlete

{ If you are a non-member of Bellin Fitness Center you will receive a full 8-week membership to Bellin's fitness facility with the purchase of your program. }

**Call today to reserve your spot!**

**(920)430-4722**

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**bellinhealth**