



**FREE
SEMINAR!**

LEARN ABOUT WHAT WE DO

WWW.FORGINGFITNESSCT.COM

**Register Through Our Website
To Receive Extra Bonus*

FORGING FITNESS

YOUTH ATHLETE PROGRAM

Our **Youth Athlete Program** is targeted to challenge athletes to perform at a higher level. Our program focuses on progression in strength, speed, agility, explosiveness, & conditioning to provide athletes with the tools to further develop and exceed in their sport.

- ✓ **12 Week Program**
- ✓ **Unlimited Group Training**
- ✓ **Proven Results**
- ✓ **Qualified Coaching**
- ✓ **Result Testing**
- ✓ **Injury Prevention**

📍 340 Quinnipiac St. Bldg 24
Wallingford, CT 06492

✉ info@forgingfitnessct.com
☎ +203 679 4897



PROVEN RESULTS

IN A 12 WEEK PROGRAM, ATHLETES
ON AVERAGE SAW AN INCREASE OF:

Vertical Jump **+ 10%**

Broad Jump **+ 12%**

5-10-5 Drill **+18%**

IN A 12 WEEK PROGRAM, NO ATHLETE
HAS SEEN LESS THAN A 5% INCREASE.



PRICING & PLANS



2x WEEK \$225/mo
(24 CLASSES)

3x WEEK \$275/mo
(36 CLASSES)

UNLIMITED \$300/mo
(60 CLASSES)

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