



# YOUTH DEVELOPMENT SQUAD



Membership  
only <sup>P/W</sup>  
**\$27.50**

\*SEE REVERSE  
FOR MORE  
DETAILS

	M	T	W	T	F	S
6:30 <sup>AM</sup> 60 MINS	H.I.I.T	S&C	H.I.I.T	S&C	H.I.I.T	
7:30 <sup>AM</sup> 60 MINS						SSS
9:30 <sup>AM</sup> 60 MINS	H.I.I.T		H.I.I.T		H.I.I.T	
9:30 <sup>AM</sup> 4:00 <sup>PM</sup>	OPEN		OPEN		OPEN	
3:45 <sup>PM</sup> 45 MINS	YDS		YDS		YDS	
4:30 <sup>PM</sup> 60 MINS	S&C	CF	S&C	CF	S&C	
5:30 <sup>PM</sup> 60 MINS	H.I.I.T	S&C	H.I.I.T	S&C	H.I.I.T	

<b>H.I.I.T</b>	High Intensity Interval Training - Beginner to Advanced
<b>S&amp;C</b>	Strength & Conditioning - Beginner to Advanced
<b>CF</b>	CrossFit - intermediate to Advanced
<b>SSS</b>	Super Saturday Sessions - Beginner to Advanced
<b>YDS</b>	Youth Development Squad - 13-17 yrs
<b>OPEN</b>	Open Gym - 9.30am-4pm

**GUERRILLA  
FITNESS**

Winter 2017

Address: 213 The Entrance Road, Erina

# GIVE YOUR YOUNG ATHLETE AN EDGE

with access to the Central Coast's premier strength & conditioning facility. World class coaching, world class equipment.

**What:** Primal movements - focusing on a healthy range of motion of the joints. General and sports specific training and prep (soccer, rugby, athletics, swimming & more).

**Who:** Young competitive athletes (13 -17 yr olds)

**When:** Mon / Wed / Fri at 3:45pm - 4:25pm

- \* World class coaching & equipment
- \* Unique class - spaces limited

Bookings are essential. Contact Hannah on PH: 4367 2002