

XLR8

SPORTS PERFORMANCE

“ ENRICHING THE LIVES OF OTHERS THROUGH THE FOUNDATIONS AND PRINCIPLES OF ATHLETIC-BASED TRAINING WHILE DEVELOPING A COMPETITIVE SPIRIT AND AWAKENING THE INNER-ATHLETE ”

LONG -TERM ATHLETIC DEVELOPMENT

OUR PROGRAM IS DESIGNED FOR THE ATHLETE.

- ✓ DYNAMIC WARM-UP
- ✓ MOVEMENT PREP
- ✓ CNS/POWER DEVELOPMENT
- ✓ SPEED/AGILITY/QUICKNESS
- ✓ STRENGTH TRAINING
- ✓ ENERGY SYSTEM DEVELOPMENT
- ✓ MOBILITY/FLEXIBILITY
- ✓ RECOVERY STRATEGIES

EXPERIENCED STRENGTH COACHES

COACH CHRIS AND COACH JOSH HAVE WORKED WITH THOUSANDS OF ATHLETES FROM ALL OVER THE COUNTRY BEFORE JOINING FORCES AT XLR8. FROM HALL OF FAME COACHES, TO FIRST YEAR ROOKIES- THEY SET A HIGH STANDARD FOR EFFORT AND EXECUTION.

SCHEDULE

Strength and Conditioning
(M-F) (Ages 7+)

5:30 AM
6:30 AM
7:30 AM
8:30 AM
11:30 AM
2:00 PM
3:30 PM
4:30 PM
5:30 PM

Collegiate Prep Class
(Tues. – Fri.) (Ages 12+)
6:30 PM

Sports Performance Class
(Monday Night) (Ages 10+)
6:30 PM

CONTACT

Facebook: @XLR8SPNOVA

Instagram: @XLR8SP

Email:
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Phone:
Coach Josh: 814-207-4369
Coach Chris: 615-717-7273

Location:
14522 Lee Road
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Chantilly, VA 20151





“Moving in the right direction”



We are in the business of helping others. Whether you're looking to XLR8 your athletic career, improve your body composition, or increase your overall fitness levels... —————> we've got you covered.

During our one-hour coach-led classes, athletes of all ages can push themselves to new levels daily. Contact us today to schedule your free trial.

One-Month Pricing = \$125

Three-Month Pricing = \$345

Unlimited Monthly until 2019 = \$900

One Day Drop-in = \$20

Sports Performance Class = \$20

Ask us about our family discount, team training, and personal training prices. Please feel free to contact us with any questions.

Monthly prices include unlimited weekday sessions and average out at about 20 sessions per month. We want to thank the members of our XLR8 community for their support.