

Fitness

Programs are offered for residents and non-residents, Hempfield Rec Center members and non-members.



The Institute of Athletic Development (IAD) is an athletic development company designed to **physically and mentally prepare athletes to maximize their athletic potential** while instilling strong character and value-based living. By using our powerful **one-on-one and small group format**, we **guarantee** athletes will learn the components of athletic development necessary to achieve their full athletic potential. We teach each athlete how to be a champion in every sense of the word—both on and off the field. Whether your goal is to receive a Division I scholarship or **just have fun**, participating in this cutting edge program will lead to you becoming an outstanding young athlete, and an exceptionally well-rounded individual. **Ages 10 and up.**

ADVANTAGES OF THE ATHLETIC DEVELOPMENT PROGRAM

- Guaranteed Results
- Improve Your Speed and Quickness
- Dramatically Increase Your Strength and Power
- Greater Jumping Ability
- Increased Confidence and Self-Esteem

ATHLETIC DEVELOPMENT PROGRAM OPTIONS

- Individual
- Small Group
- Team

Contact Jeff Book at 898-3102, ext. 36, or jbook@hempfieldrec.com.

IAD ONE-ON-ONE TRAINING	45-Minute Session	5-Session Series	8-Session Series
MEMBERS	\$40	\$190	\$280
NON-MEMBERS	\$50	\$240	\$360

IAD SMALL GROUP TRAINING	45-Minute Session	5-Session Series	8-Session Series
MEMBERS/ NON-MEMBERS (2-4 Participants)	\$50	\$240	\$360



HARC Institute of Athletic Development

Programs are offered for residents and non-residents, Hempfield Rec Center members and non-members.



**NEW! "SPRING TRAINING"
SPEED, AGILITY AND
CONDITIONING PROGRAM
"LET US HELP GET YOU READY
FOR THE SEASON"**

Designed to help develop young athletes ages 8-18 with speed, agility strength, power, quickness and conditioning. This 8-week program is designed to mimic the multi-directional movements found in your sport. The athlete will also improve their ability to adapt to directional changes that take place during competition. One-on-one and team training available by calling 898-3102, ext. 36. (8 weeks/16 Sessions)

Baseball and Softball

Tues./Thur., 4:30–5:30 p.m.
#11610 Jan. 10–March 1

Tennis

Mon./Fri., 4:30–5:30 p.m.
#11611 Jan. 9–March 2

Basketball Gym

Fee: \$150 R/\$160 NR (Includes Shirt)

\$75 R/\$85 NR (Includes Shirt) (One day per week)

**TENNIS SPECIFIC TRAINING
SMALL GROUP PERSONAL
TRAINING FOR ADULTS**

If you are looking to improve your tennis game or your overall level of fitness this program is for you. All small group training sessions will use specific exercises to help develop your performance on the court. Each workout will focus on proper warm up, speed, agility, core, power, strength and flexibility. (6 week/12 sessions)

Mon./Wed./Fri., 11 a.m.–noon

#11608 Jan. 23–March 2

#11609 March 12–April 20

Fitness Studio

Fee: \$70 R/\$80 NR per session

(One day per class)

\$120R/\$130 NR (Two days per week)

\$150 R/\$160 NR (Three days per week)

FITNESS AND WELLNESS DEPARTMENT PROGRAMS

LOSE IT IN LANDISVILLE SEASON VII

Based on the TV Show *Biggest Loser*, HARC will be holding our own competition called "Lose it in Landisville." This is a 10-week weight loss challenge. Program includes body compositions week 1, week 5, week 10; before and after pictures; 2 one-on-one personal nutritional counseling sessions week 1 and week 5; team t-shirt; nutrition log book; 2 group training sessions as a team per week with a nationally certified personal trainer Wednesday 6:30 p.m. and Saturday mornings 7:30 a.m.; 1 one-on-one personal training session; weekly workouts provided; weekly weigh-ins; support material and information weekly; and online support from our Fitness and Wellness Director/Personal Trainers.

Deadline to Register: January 18

#11612 Feb. 8–April 14

Fee: \$325 Member/\$425 Non Members (Includes 10 week membership)

Repeater Price: (Already completed program)

\$250 M/\$350 NM (Includes 10-week membership)