

TEAM TRAINING

FUZE T2™ - is an opportunity for sports teams to be trained on the most cutting edge children's fitness equipment in a sports specific workout. The FUZE Trainers designed the workouts to improve all aspects of your game - rhythm and timing, reaction and hand/foot/eye coordination, strength and endurance, footwork speed and plyometrics while you have fun!



The **FUZE T2™** program includes 60 minutes of intense training and a 15 minute nutrition and health educational session for a complete 75 minute experience. The educational session is endorsed by our on staff Child Psychologist and Pediatrician.



Workouts can include are our top-of-the-line Hoist KL™ resistance training equipment and other unique cardiovascular machines, such as the Fluid Rower™, Octane™ Elliptical, and a Star Trac™ Treadmill. The interactive fitness may include Dance Dance Revolution™, GameBike™, EXpresso Bikes™, Sportwall™, Lightspace Play®, Xavix J-mat™ and/or XR Boards.™



Price: \$299 for 75 mins.

Time: Weeknights (Monday - Thursday) 6:15pm 7:15pm & 8:15pm



Team Training for: Baseball, Basketball, Cheer, Crew, Cricket, Football, Gymnastics, Hockey: (Field, Ice, Inline), Lacrosse, Martial Arts (Sports Karate, TKD, Judo/BJJ, Eskrima), Rugby, Softball, Soccer, Swimming, Track and Field, Volleyball, Water Polo, Wrestling.

**Price is for up to 15 athletes. Call for larger groups.*

Please call **FUZE Fit For A Kid!** at 408.358.PLAY (7529) for more

www.fuzefit.com



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