

SCAN ME



RPG TRAINING SYSTEMS

AFTER SCHOOL 'AFTERMATH'

RPG TRAINING

RPG Training Systems is proud to support our athletes with in-person coaching and athletes across Ontario with our Virtual Performance Training program, powered by the RYPT Mobile App. RPG offers strength and conditioning services built upon an athlete-first model. Our coaches have the passion, knowledge, and experience to support any athlete in their athletic pursuits.

'AFTERMATH'

A PERIOD OF TIME FOLLOWING A DISASTROUS EVENT - REGROWTH

'AFTERMATH' INFO

AFTER SCHOOL 'AFTERMATH' is a 90 minute strength and conditioning program for athletes from 12-18 years of age. AFTERMATH runs between in the afternoons in 2 different locations**. Athletes will be encouraged to work with others in their age group to minimize transition delays and increase overall work capacity and enjoyment.

Each session will consist of 3 stations: Preparation, Strength and Energy System Development. Each session is approx. 30 minutes in length.

STATION 1:

- PREPARATION
- MOBILITY
- STABILITY
- LOCOMOTION
- POWER
- SPEED

STATION 2:

- PRIMARY POWER
- PRIMARY STRENGTH
- SECONDARY STRENGTH AND/OR POWER
 - INCLUDING ROTATION

STATION 3:

- TERTIARY STRENGTH
- ENERGY SYSTEM DEVELOPMENT
 - ANAEROBIC
 - AEROBIC

WE DO NOT DISCRIMINATE

AGAINST ANY CUSTOMER BASED ON SEX, GENDER, RACE, CREED, AGE, OR VACCINE STATUS .

ALL ATHLETES WHO WISH TO TRAIN ARE WELCOME!

PRICING

12-WEEK AFTERMATH PROGRAM

4 SESSIONS PER WEEK ONLY

\$720

SAVE \$240

48 SESSIONS FOR ONLY \$15/SESSION*

3 SESSIONS PER WEEK ONLY

\$648

SAVE \$72

36 SESSIONS FOR ONLY \$18/SESSION*

2 SESSIONS PER WEEK ONLY

\$480

24 SESSIONS FOR ONLY \$20/SESSION*

*APPLICABLE TAXES MUST BE APPLIES UPON PURCHASE

**TRAINING TO BE HELD IN:

- PORT STANLEY (2-4 DAYS - MON/TUES/THURS/FRI - 3:00-6:00)
- LONDON - CFS (2 DAYS ONLY - WED/FRI - 2:00-5:00)