

The Athletic Performance Center

★ Personal Training ★ Sports Specific Training ★ Team Sports Training

Located @ Fitness Unlimited Health Club for Women



Middle School Performance Training - 2 Day (Monday/Wednesday) – 3:30 – 4:30pm

Winter Session – February 27th – April 11th

This all-inclusive hour long program is designed for athletes of all sports. The first 30 minutes of the workout is spent on movement which includes, foam rolling, stretching, activation, dynamic warm up, linear and lateral speed development, plyometrics (jumping), and core strengthening. The second half of the workout is designed to increase overall body strength and various forms of conditioning.

\$175

Performance Training – 1 Day (Saturday) – 11:00 – 12:00

Winter Session – March 3rd – April 7th

\$75.00

Strength and Conditioning Coaches

Keri Mantie: Keri received her Master's Degree from Springfield College where she majored in Strength and Conditioning. She has worked as a strength coach for Mike Boyle's Strength and Conditioning and has interned as a strength coach at Boston University, The College of the Holy Cross and the University of Tulsa. She is certified through the National Strength and Conditioning Association as a Strength and Conditioning Specialist.

Ann Marie Boylan: Holds a BS in Movement Science with a concentration in Sports and Leisure. She has trained the Wentworth College Hockey, Basketball, Softball and Baseball teams as well as designed conditioning programs for the Lake Superior Hockey Team. She is certified through the Strength and Conditioning Association as a Certified Strength and Conditioning Specialist.

Cheryl McDermott: Holds a BS in Health Fitness from Springfield College. Cheryl has experience training competitive athletes of all levels and is also certified through the Strength and Conditioning Association as a Certified Strength and Conditioning Specialist.

To ensure the safety of the athletes, sessions will be limited to 15 girls. Please contact Keri Mantie – keri.mantie@gmail.com 617-698-0260 ext. 38 to enroll.