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# 30 ATHLETICS BASKETBALL

*March 2019 - June 2019*

*Spring Semester*

*Workout Programs for ALL Levels*

# 1:1 Private Training

- 60 minute sessions
- Limited availability March – June
- Online booking available at [www.3dAthleticsTraining.com](http://www.3dAthleticsTraining.com)
- Book w/ Mindbody App or 3d Athletics branded App
- Book sessions with a specific 3d Athletics trainer
- Catered specifically to each player



# Small Group Training

- 60 minute sessions
- MANDATORY sign in to ALL sessions prior to attending
- Limited to 12 players per group
- Book w/ Mindbody App or 3d Athletics branded App
- Please schedule your workout w/ the appropriate level
  - ❑ Beginner (*6 Player Maximum*)
  - ❑ Middle School I or II
  - ❑ High School I or II



# Saturday Master Classes

- 90 minute sessions
- Offered to Middle School & High School players
- Limited to 16 players
- MANDATORY sign in to ALL sessions prior to attending
- Book w/ Mindbody App or 3d Athletics branded App
- Middle School - 10:00am to 11:30am
- High School - 12:00pm to 1:30pm



# Team Workouts

- Reservations made by 3d Athletics staff directly
- 1.5 to 2 hour sessions recommended
- Sessions catered specifically to needs of team/coach
- Pre & Post Workout contact to review plans & performance
- Friday & Sunday preferred appointments
- Additional days available if necessary



# Special Programs

- Please review our schedule for special programs held throughout the year
- Sessions may include but not limited to the following:
  - ❑ 3-on-3
  - ❑ Holiday Clinics
  - ❑ Position Specific Camps
  - ❑ Off-Site Events
  - ❑ Etc...

