

11TH ANNUAL!

SOCCER ATHLETE SUMMER PROGRAM 2023

5/27/2023 – 7/17/2023

TESTING – SATURDAY 5/27 @ GREENFIELD JHS TRACK – 9AM

Description: A personalized program run in a private and small group environment that restores and improves the underlying soccer athlete. By the end of season, mobility, strength and quickness can diminish and athletes must build themselves back up. We build back that armor and add to it. We'll improve mobility, strength and agility all while increasing your athlete's ability to be athletic.

Duration: Total Program runs 5/27 – 7/17 (~7 Weeks) – *options available to start sooner and end later

First 3 Weeks:

2 Gym days/week (Contact for Time Options)

1 Field Day/week - Thursdays @ GJHS Field – 9:30AM – 11:00AM

Remaining 4 Weeks:

2 Field Days/week - Mondays & Thursdays @ GJHS Field – 9:30AM – 11:00AM

2 Gym Days/week - (Same Times as First Block)

*Spots given away on first come first served basis

Who: Soccer athletes, junior high through college level

Locations: Home-Gym located off Greenfield/Baseline & Field sessions at Greenfield Junior High (address distributed upon reservation)

Program Price: \$399.00 – Sibling pricing available

Program Sign-Up: Contact Zac Wheeler by phone, email or website contact form for additional information or to reserve a spot and select times.

Gym Time Slots
Limited to 4
Athletes



Limited Availability



ZeusFitnessAndPerformance.com | 480-652-1652 |
ZeusFitnessAndPerformance@gmail.com

Want to start sooner or
extend the program?
Contact to discuss options.