

# ADULT ELK PRIDE 2011

## What is it?

- The Adult Elk Pride 2011 workout program is a strength and conditioning program designed for the adult that would like to participate in a controlled strength and conditioning workout.
- The program is primarily designed for teachers and their friends, and will be applicable for all ages and athletic abilities.
- The program will be designed as a general fitness program that will target strength, flexibility, and cardiovascular fitness.
- The program will be designed to allow individuals to work at their own pace and ability level. Most activities will include beginner, intermediate, and advanced methods.

## When is it?

- The program will begin on Monday, June 13 and run through Thursday, July 28. July 4-7 will be an off week. It is a six week program that is held Monday, Tuesday, Wednesday, and Thursday. The session will be held from 11:00am to 12:00pm each day. Please wear appropriate workout gear to all workouts.

## Where is it?

- The sessions will be based out of the Football Field house, which is located in the Northwest corner of the football stadium.

## What is the cost?

- The registration fee is \$100 per participant. For this fee, you will have the opportunity to participate in 24 one hour sessions that will provide structure and motivation to improve your health. This is about \$4 per session. You will not find a better plan for starting or continuing the journey of improving your health.
- Each participant will also receive a t-shirt upon completing the program.

## WANT Extra or Individual Training?

- 1 on 1 or group training, outside of the normal sessions, will also be offered. These sessions will be \$12 per hour per individual. These sessions will be adjusted to any level. To schedule these sessions contact Coach Scheck

## Questions?

- Contact Jason Scheck H:580-243-5643 W:580-225-5793 E:scheck.jason@elkcitieschools.com

To register for Adult Elk Pride 2010, please clip the registration form from the bottom of this page and mail it, along with a check made payable to Elk Pride, to Jason Scheck; Adult Elk Pride Registration; 1509 Country Club, Elk City, OK 73644

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NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

HOME #: \_\_\_\_\_ WORK #: \_\_\_\_\_ CELL #: \_\_\_\_\_

School building you teach in: \_\_\_\_\_

If friend of school employee, please list his/her name: \_\_\_\_\_

T-Shirt size: S M L XL XXL