

SESSION PACKAGES

Explosive Training Systems “ETS”, offers Group Training and One-on-One Training.

Our athletes are put into groups of the same age and ability. We encourage competition amongst our groups. Competition brings out the best results. In the event athletes are too advanced for groups or they are in need of individual attention, One-on-One training is suggested.

GROUP TRAINING CLASSES (3 or more athletes):
Session Packages: 10, 20 or 30 (Call for pricing)

ONE-ON-ONE/SEMI PRIVATE CLASSES (1-2 Athletes):
Session Packages: 10, 20 or 30 (Call for pricing)

ETS Training Classes are designed to focus on elevating our athletes Performance for their specific sport; correct running form and Speed development; make our athletes more explosive and Improve overall body strength and allow our athletes to sustain Top performance for extended periods of time.