

Get

F.A.S.T.

Foundational Athletic & Strength Training

With Tony Pagourgis

What is it?

- **A program designed for athletes of all ages and skills.**
- **That works on many fundamental movement patterns that are involved in sports and in everyday life.**
- **Proper movement in strength training will help reduce the risk of injury.**

Sessions Include:

- **Dynamic Warm-ups.**
- **A Progressive Core and Plyometric Component.**
- **Athleticism, Lateral and Linear Speed Development.**
- **Strength Training – with an emphasis on form and technique. Utilizing many forms of strength training including body weight exercises.**
- **Stretching.**

Who is it for?

- **Anyone 12 and older who is currently playing or is planning to play a sport.**
- **Those getting ready to begin a high school athletic program.**
- **A precursor and/or compliment to many of the high school strength training programs.**
- **Adults looking to change their current workouts and add dynamic movement and new strength training ideas to existing workouts.**

Tony Pagourgis

- ◆ **B.S. Exercise Science, Springfield College**
- ◆ **NASM CPT (Certified Personal Trainer)**
- ◆ **USA Weightlifting Level 1 Club Coach**

For the past three years, Tony has been working as a volunteer strength coach at The **College of the Holy Cross** in Worcester where he helps with their **strength and conditioning program** for local high school and college athletes as well as assisting with the Holy Cross football team's summer conditioning program.

Contact Tony:
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Sundays - 4:00 PM – 5:15 PM Starting February 14th
At Orchard Hills Athletic Club
Sign up at the Front Desk.
Cost: \$15 for OHAC members. \$25 for public attendees