

Fall 2026 Youth & Teen Training

**Speed, agility, and quickness.
Develop velocity, power and
strength!**



Fall 1 | Sept 10th – Oct 1st
4 wks | Registration is Open

Fall 2 | Oct 8th – Nov 5th
5 wks | Registration Opens Sept 10th

Fall 3 | Nov 12th – Dec 17th
5 wks | Off Thur, Nov 26th
Registration Opens Oct 8th

Teen Performance Training

**FOR BOYS & GIRLS
MIDDLE SCHOOL - HIGH SCHOOL
Meets: Thursday 4:30-5:30p**

Goals of the Program

- Improve Speed, Agility & Quickness
- Increase Muscular Endurance
- Increase Muscular Hypertrophy
- Increase Mobility
- Build Growth Mindset

Cost | member/other

F1 | \$130/ \$151 **F2** | \$162/\$189 **F3** | \$162/\$189

Intro to Strength Training & Conditioning

**FOR BOYS & GIRLS AGES 7-10 YRS
Meets: Thursday 5:30-6:15p**

Goals of the Program

- Learn Foundational Fitness Movements
- Increase Confidence
- Increase Endurance
- Improve Sports Performance
- Enhanced Strength & Coordination

Cost | member/other

F1 | \$123/ \$144 **F2** | \$154/\$180 **F3** | \$154/\$180

Register Today Online www.beverlyhillsclub.com or on the App

BHC

BEVERLY HILLS CLUB

31555 Southfield Rd, Beverly Hills, MI 48025 (248)642-8500



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***\$30 Annual Fee Required for
Non-Members to participate
in activities, programs, and
services at BHC.**

*Administrative fees apply.