

The Athlete's Playground
2022 Back-2-School and Back-2-Fit
Student Membership Special

Promotion Valid August 12, 2022 – September 16, 2022



Our strength and conditioning classes for students are designed according to the ages of the student participating but are programmed to challenge them mentally and physically through various exercise, drills, and workouts.

According to Dr. John J. Ratey, an associate clinical professor psychiatry at Harvard Medical School, Exercise can improve students' mental health and can improve their learning. Dr. Ratey wrote a book that talks about the connection between exercise the brain and how aerobic exercise physically reshapes the brain for peak performance in all aspects. Exercise improves learning on three levels:

1. Optimizes your mind to improved alertness, attention, and motivation.
2. Prepares and encourages nerve cells to bind to one another, which when learning and retaining new information is the cellular basis.
3. Aids in the development of new nerve cells from stem cells in the hippocampus

To sum it up, exercise pretty much helps the brain prepare to learn and will increase retention.

Exercise controls the emotional and physical feelings of stress starting down at the cellular level. Physical activity is a natural way to prevent the negative consequences of stress, essentially warding off or protecting against the ill effects of chronic stress, potentially reversing them. Physical activity can help students become more socially active, boosting their confidence, and helping them establish and maintain positive social connections.

Youth and Teen Class Schedule

Elementary School Classes:

- Monday: 4:00 PM – 5:00 PM
- Wednesday: 4:00 PM – 5:00 PM

Membership includes unlimited classes and access to the basketball court during open court times with adult supervision

Middle School Classes:

- Monday: 6:00 PM – 7:00 PM
- Tuesday: 6:00 PM – 7:00 PM
- Wednesday: 6:00 PM – 7:00 PM
- Thursday: 6:00 PM – 7:00 PM

Membership includes unlimited classes, use of cardio and "selectorized" (pin-in/pin-out) strength machines (must complete orientation with a TAP Strength Coach first) and access to the basketball court during open court times

High School Classes:

- Tuesday: 7:00 PM – 8:00 PM
- Thursday: 7:00 PM – 8:00 PM

Membership includes unlimited classes, unlimited access and use of facility, and access to the basketball court during open court times

The Athlete's Playground
BACK 2 SCHOOL

There is a positive relationship between fitness and exercise and the positive effects it can have on students and their academics.

Our strength and conditioning classes for students are designed according to the ages of the student(s) participating, but are programmed to provide a mental break from their school day through various exercises, drills, and workouts that will help to increase their focus, retention, and motivation.

All memberships include unlimited access to classes.
All memberships include access to basketball court open court times.

More Information Available Online

Student Discount 15% Off
Youth Monthly Membership: \$42.50 + tax
(Regular Youth Membership Rate without student discount: \$50.00 + tax)

Elementary School		Middle School	High School
Monday	4:00 PM	Monday	6:00 PM
Wednesday	4:00 PM	Tuesday	6:00 PM
		Wednesday	6:00 PM
		Thursday	6:00 PM
		Tuesday	7:00 PM
		Thursday	7:00 PM

BACK 2 FIT

Student Discount Promotion Monthly Memberships

Membership \$42.50 + Tax

Discount cannot be applied to existing memberships

Memberships are month-to-month and each month the membership is active their credit card will be billed \$42.50 + tax. If the membership is active from the start of the promotion, they will be grandfathered into the promotional rate of \$42.50 + tax. If they cancel their membership and decide to reactivate it later, they will be subject to the current membership rates at that time.

Sibling Discount: If there are 2 or more siblings looking for memberships, discount the rate to \$40.00 per child. The children must all live at the same address, cousins or friends that live in other houses do not count for a sibling discount.
