



**FabYourLife**  
Health & Wellness



## FYL HIGH PERFORMANCE TRAINING PROGRAM

### AT A GLANCE

<b>Date</b>	Wednesday Evenings (Jan 28th - Apr 29th)
<b>Time</b>	7:30 - 9:15 pm
<b>Location</b>	York University Track Center 416.392.2522
<b>Cost</b>	\$380.53 + HST = \$430.00 To be paid in full prior to commencement. <ul style="list-style-type: none"><li>• Cash, credit card, cheque payable to FabYourLife Inc, or phone in credit card payment</li></ul>
<b>Duration</b>	12 weeks
<b>Additional Costs</b>	<ol style="list-style-type: none"><li>1. Parking at York</li><li>2. Fee to enter Center:<ul style="list-style-type: none"><li>• York students = Free</li><li>• Students = \$3.25</li><li>• Adults = \$5.50</li></ul></li></ol>

**The FYL High Performance Training Program is a rugby specific functional exercise training program, focused on speed, strength, power and agility. The Program includes:**

- **Functional Movement Screening/ Musculoskeletal Assessment**  
*Must be completed prior to Jan 28<sup>th</sup> at FabYourLife in Markham. Call 905.475.5433 to book an appointment.*
- **Fitness Testing Wednesday, Jan. 28th (Baseline measurements)**  
*Bench Press, Squats, Power Cleans\*, Pull Ups, Broad Jumps, Vertical Jump, Core, 40m sprint, girth measurements, body composition*
- **12 week Strength & Conditioning Program**  
*Every Wednesday (excluding March Break) until April 29<sup>th</sup>*
- **Fitness Re-testing Wednesday (April 29<sup>th</sup>)**
- **Sports nutritional package**
- **FYL off-season training program**