

# **SNAP FITNESS-24-7™**

## **ANDOVER, MN**

### **Youth 'Level Up' Training Program**



We started our youth program with the focus on life preparedness. We help get kids ready for life, help them figure out who they are, how to grow as a person, how to be the best person they can be. If we get the mindset right, the strength, speed, and agility aspects follow suit. **Make no mistake about it, we work them out... hard.** The small classes allow for focused attention on each participant. We are not an extension of gym class; we focus on mindset and excelling at physical fitness. Our youth participants learn the proper way to use their developing bodies at this difficult and often awkward stage of life. Get the mind right and the body will follow.

## **PROGRAM DETAILS**

### **GROWTH, LEADERSHIP, TEAMWORK, and PERSONAL DEVELOPMENT**

This is the hallmark of all our programs at Snap Fitness Andover. Today's world is filled with the temptation to take the easy way out. Video games, phones, TV, food, etc. Almost any direction you look, there is an easier/more comfortable thing to occupy your time with. This weakens our youth's mindset as we prepare them for the world and its challenges. It's important to have a community that works together to raise our children to not just be great athletes, but to be great people.

It is our mission at Snap Fitness Andover to prepare our youth mentally, emotionally, and physically to take on the challenges that they will inevitably face with strength and grace. We encourage and push them to be productive members of society and the best they can be.

Your child will occasionally be given homework. The homework will be in various formats (written, action items, etc.) and we ask that you support and encourage your child to complete these assignments.

The program fee includes all program materials (i.e. books, journals, etc.). These programs are not meant to be short. We are not opposed to a shorter program, but the primary goal of this program is to keep these groups together and build upon their progress. If they want to be at the club, they won't be in front of a screen. Additionally, changes don't happen overnight. You will see changes right away, but the real growth and change happens over time, with consistent work and dedication.

## STRENGTH, SPEED, AGILITY, EXPLOSIVENESS

Participants learn to perfect their technique for basic movements for push-ups, squats, lunges, etc. We observe their form to make corrections to help prevent injuries before moving on to more advanced moves. Body movement mastery is necessary at this age. We use all the tools our club has to provide to give the kids a challenging and changing training environment. There are 3 focuses weekly. Strength, Conditioning, and Athleticism. Your child will have a class that focuses on each one of these areas weekly in addition to their homework which will challenge them mentally and emotionally.

Training sessions include smaller group sizes which allows our trainers to spend more time focusing on your child to ensure that form is good. The smaller class size also ensures that the youth athlete is not just a number in a huge group. Make no mistake about it, participants will be pushed hard, with safety of the athlete always at the forefront. As a result of the small group setting, there is no room to hide their effort, or lack thereof.



**WHEN:** 3 Days/week Mon, Wed, and Thurs

**TIME:** Contact us right away to get the days/times currently available and coordinate with your team's practice schedule.

**CONTACT:** Dan Heins, Owner and Head Coach at 612-237-4275 or email us at [andover@snapfitness.com](mailto:andover@snapfitness.com)

## TESTIMONIALS

*My son Tyler LOVES going to Snap Fitness for small group training. He started working out last school year and completed the Summer Slam program. He has learned so much from Dan. We love that Dan not only teaches fitness, but also incorporates real life lessons and how to be a better person in all areas of life. Tyler has started working on completing 50 pullups every day. I know he is motivated to stay fit and make good choices because of Dan's influence. Thanks for all you do! ~ The Woods Family*

*I can't tell you enough the positive impact Dan and his staff has had on my son. Brady started training there this past winter and absolutely loves it! He is a very shy 12-year-old. He lacks self-confidence. Since he started working with Dan at Snap Fitness I have seen a definite change in not only his physical strength but his self-confidence! Dan makes sure that these kids are learning very valuable lessons about competition, self-worth, goal setting, failure, etc. Physically we've seen great improvement in strength during his sports which in turn makes him more confident and brings a smile to all of our faces! Dan has a very special gift he is sharing without community and we couldn't be happier to be a part of this gym!*

*Dan is so much more than a trainer to these kids. He is a life coach, a mentor and a friend. He is someone they can talk to about anything and be honest about their feelings. He gets to know each of the kids and when he sees that something is off with them, he takes them to the side and talks to them. Unbelievably, these teenage kids that us parents usually gets grunts and "its fine" from actually talk to him and he helps motivate them to be all that they can be. For the extra effort Dan puts in, all of us parents are very grateful and cannot say enough how much we appreciate Dan and how happy we are that we found Dan and his program at Snap. ~ Vicki Froslee*

*Dan is really nice and funny but when we're working out he's serious. He helpful with mental health - he teaches us lessons that help us understand. ~ Wyatt, CRALL Little League World Series Team Member*