

EDEN PRAIRIE FOOTBALL ASSOCIATION

Spring Performance Training



At Training HAUS, we build complete athletes. Our coaches combine expert evaluation with personalized programming to develop the strength, speed, endurance, and sport-specific skills athletes need to perform at their best. Every session is intentional and challenging, creating an environment where athletes can grow, stay healthy, and reach their goals.

Program Details

Performance training with Training HAUS goes far beyond weightlifting, focusing on position-specific development and building adaptable, well-rounded football athletes. Our program emphasizes proper form, functional strength, and athleticism—prioritizing speed, agility, and explosiveness—while keeping athletes healthy and game-ready for the season. By addressing both physical and mental development in a safe, hardworking, and fun environment, we help EPFA players maximize strengths, reduce deficiencies, and perform at their highest level on the field.

TRAINING SCHEDULE

May 4 – June 12 (Athlete can sign up for any available Eden Prairie Speed & Strength group training session)

Monday through Thursday | 3:45 – 5:00 PM, 5:00 – 6:15 PM, 6:15 – 7:30 PM

Friday | 3:45 – 5:00 PM

LOCATION

Twin Cities Orthopedics Eden Prairie | 12982 Valley View Rd, Eden Prairie, MN 55344

REMINDERS

- Don't forget to tell your teammates about the group.

Cost & Registration

30% off discount available through May 29, 2026

TRAINING PACKAGE	PACKAGE COST	REGISTRATION LINK
10 Pack	\$175 <i>Originally \$250</i>	<u>TrainingHAUS.com/Group-Training-10-Pack</u> <i>Code: EPFA30</i>

Meet Your Coach

Luke Imdieke earned a bachelor's degree in Exercise Science with minors in Strength & Conditioning and Sports Medicine from Minnesota State University Moorhead, where he also played collegiate football, and later interned with XPE Sports preparing over 30 athletes for the NFL Combine. Now a dedicated performance coach, he is passionate about helping athletes of all ages improve every day through smart, effective training in a fun and supportive environment.



Luke Imdieke

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TrainingHAUS.com

HOW TO GET STARTED

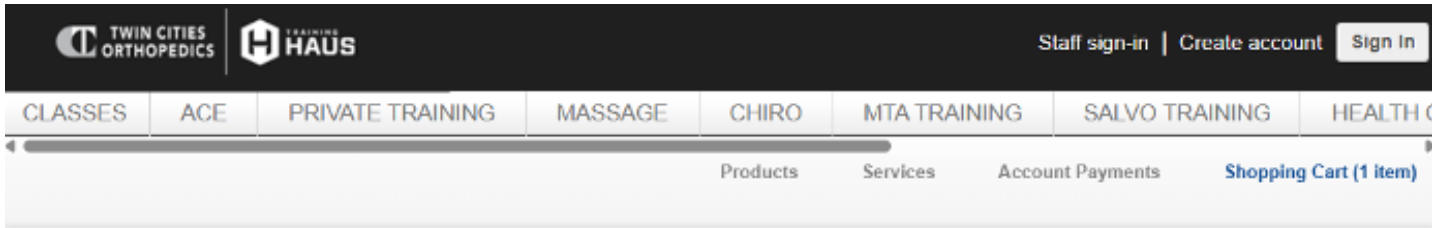
- Visit registration link and follow the instructions to sign up
- As part of registration, sign into or create your Mindbody account
- Download the Training HAUS app or visit the Mindbody website to manage and sign up for sessions

For questions, please reach out to
Info@TrainingHAUS.com

Mindbody Registration and Payment with Promo Code

Mindbody is the registration platform utilized by Training HAUS. Below are instructions for getting your athlete's profile set up. Please note, all athletes are required to have a Mindbody profile to participate in Sports Performance Training at Training HAUS.

1. Select the "Embedded Link" on previous page.

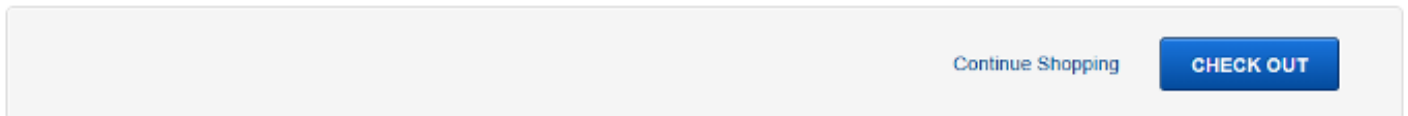


Shopping Cart

Item	Price	Quantity	Total
Example Programming Link	\$100.00	<input type="text" value="1"/>	\$100.00 ✕

By clicking "CHECK OUT", you agree to receiving SMS from TCO | HAUS to the number on your profile with updates about your reservation. [SMS Texting Terms apply.](#)

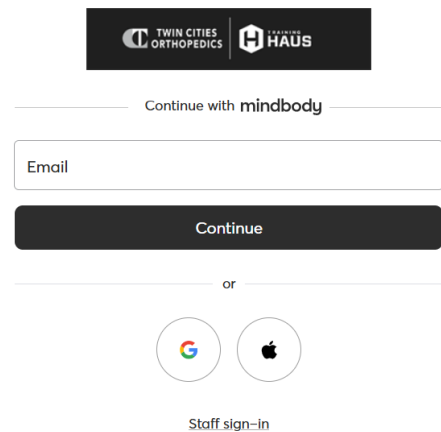
Subtotal (1 item)	\$100.00
Tax	\$0.00
Order Total	\$100.00



You must be signed in to access a promo code, so if you are new to Mindbody and Training HAUS, please create an account by selecting "Create Account" at the top right corner. If you are a current athlete, select "Sign In."

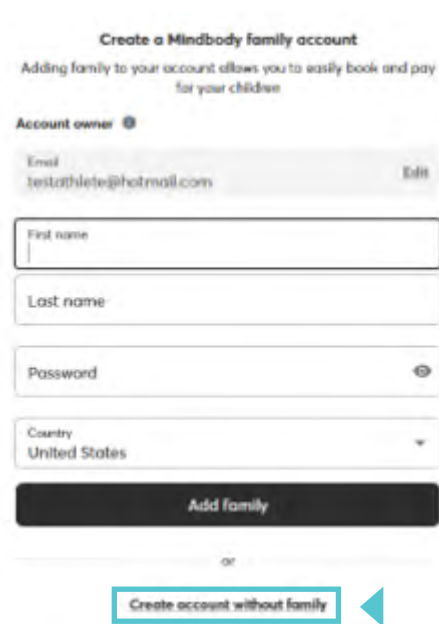
2. Enter your email address.

If you have an Mindbody account at a different place of business, it may ask you to "Find Our Business." In that case, you will search for TCO | HAUS (there is a space after TCO and before HAUS).



Mindbody Registration and Payment with Promo Code **Continued**

If you are new to Training HAUS and don't have an Mindbody account, it will prompt you to complete your profile, which will create your account.



The screenshot shows a registration form titled "Create a Mindbody family account". Below the title is a sub-header: "Adding family to your account allows you to easily book and pay for your children". The form includes the following fields and options:

- Account owner** (with a help icon):
 - Email: testathlete@hotmail.com (with an "Edit" link)
 - First name: (empty text box)
 - Last name: (empty text box)
 - Password: (empty text box with a visibility toggle icon)
 - Country: United States (dropdown menu)
- Buttons:** "Add Family" (dark grey) and "Create account without family" (light blue, highlighted with a red box and a red arrow pointing to it).
- Separator:** "or" (small text) between the "Add Family" button and the "Create account without family" button.

Please note: You can create a single account by selecting "Create account without family" at the bottom.

3. Accept "Liability Waiver."

Once you are signed in, it will ask you to agree to the liability waiver.

Mindbody Registration and Payment with Promo Code **Continued**

4. Select “Apply” to receive the discount.

The screenshot shows the top navigation bar with logos for TWIN CITIES ORTHOPEDICS and HAUS. Below the navigation are tabs for CLASSES, ACE, PRIVATE TRAINING, MASSAGE, CHIRO, MTA TRAINING, SALVO TRAINING, and HEALTH C. A secondary navigation bar includes Products, Services, Account Payments, and Shopping Cart (1 item). The main content area is titled "Shopping Cart" and contains a table with the following data:

Item	Price	Quantity	Total
Example Programming Link	\$100.00 \$50.00	1	\$50.00

Below the table, there is a "PROMOTION CODE" input field, an "Apply" button, and a "PROMOTION APPLIED" message. A note below states: "By clicking 'CHECK OUT', you agree to receiving SMS from TCO | HAUS to the number on your profile with updates about your reservation. [SMS Texting Terms apply.](#)"

At the bottom of the cart, the following totals are displayed:

Subtotal (1 item)	\$50.00
Tax	\$0.00
Order Total	\$50.00

At the bottom right of the cart area, there are two buttons: "Continue Shopping" and a blue "CHECK OUT" button, with a green arrow pointing to the "CHECK OUT" button.

5. Select “Checkout.”

6. Select “Place Order” to complete the purchase.

The screenshot shows the checkout process with three main sections:

- Order Summary:** Subtotal \$50.00, Grand total \$50.00.
- Email:** Contact Email input field.
- Billing Information:** Includes a "Pay with Credit Card" section with logos for American Express, VISA, MasterCard, and DISCOVER. Below the logos, it states "We accept American Express, Visa, MasterCard, Discover". The form includes fields for CC Number, Cardholder Name, CC Expiration (Month and Year dropdowns), CVV2 (with a "Where is my CVV2 code?" AMEX link), and Postal code.

A blue "PLACE ORDER" button is located at the bottom right of the billing information section, with a green arrow pointing to it.