



Shoot 360 Pittsburgh

Conditioning Class

Shoot 360 Pittsburgh is hosting its 1st Conditioning Class starting in November 2021. This exciting and fun experience takes place at our state-of-the-art Shoot 360 basketball training facility at Cool Springs in Bethel Park. The program is for grades 6-12. Players will get back into “basketball shape” through coach-led instructional drills, basketball related fitness, and live game play.

What to Expect:

- Developing endurance with live game play
- Devote attention to basic strength & conditioning
- Body mobility/coordination
- Provide competitive and fun experience

The program consists of four one-hour sessions on Mondays

Date	Time
November 8 th	8PM to 9PM
November 15 th	8PM to 9PM
November 22 nd	8PM to 9PM
November 29 th	8PM to 9PM

Each session will include:

- 1 hour of basketball related fitness developed through live game play as well as strength and conditioning exercises.

Additional Details

- Limited capacity to 24 kids per group
- All sessions are COED

COST

Payment via cash or credit card at 1st session

Non-Members	\$50
Shoot 360 Tech Members	\$30
Shoot 360 Tech Plus Members	One Class Credit

Location: Shoot 360 Pittsburgh

3001 Cool Springs Drive, Unit 6
Bethel Park PA 15234

www.shoot360pittsburgh.com Phone: 412.927.0387

Please email the program director, Jake Davis, at Jake.Davis@shoot360pittsburgh.com with any questions. We look forward to seeing you at Conditioning Class!