



## ELITE SPORTS TRAINING FOR BUILDING SPEED AND STRENGTH

Bring your athletic training to a new level by adding sports specific strength and speed workouts. Body Kinetics San Rafael is an elite training center with 25 yards of outdoor turf with power sleds, plyo boxes, TRX, Assault Curved Treadmill and Hammer Strength plate-loaded equipment and much more.

**Summer Program June 13 - August 15**  
**Monday - Tuesday - Thursday 10am**  
**10 workouts - \$350**

Choose the days your athlete can attend. Other days and times may be added by request.

REGISTER NOW



Register Now  
415-457-2639



Gain Strength



Gain Speed



Elite Personal Coaching

Conrad is a seasoned athlete with experience in high level training and competition, as well as an experienced coach. Conrad competed on a travel USA track team qualifying for the Junior Nationals on multiple occasions. He continued his athletic endeavors competing at the Division 1 collegiate level for the University of San Francisco, where he also earned a bachelor's degree in cultural behavioral psychology. Conrad has continuously worked with coaching in both swimming and track, in group training settings as well as individual private sessions.

