

# IGNITE



The sports performance & functional training division of Fuel Fitness.

sports performance and personal training

Ignite is the Sports Performance and Functional Training division of Fuel Fitness Centers. Individual athletes, teams and leagues can all benefit from this world class training regiment. Taught by several instructors, including our founder, Jared Tomich, former NFL player and Collegiate All-American, as well as a team of over 10 additional certified trainers, these classes and programs are interactive and customizable for your athlete, team or league.

[www.ignitenwi.com](http://www.ignitenwi.com)

## CLASS SCHEDULE

### highland inside fuel fitness

	monday	tuesday	wednesday	thursday	friday	saturday
8:00am	<b>IGNITE 101</b>		<b>IGNITE 101</b>		<b>IGNITE 101</b>	
9:00am						
10:00am						
4:00pm	<i>HL</i> (MUST QUALIFY)	<i>HL</i> (MUST QUALIFY)	<i>HL</i> (MUST QUALIFY)	<i>HL</i> (MUST QUALIFY)	<i>HL</i> (MUST QUALIFY)	
5:00pm	<b>YDP</b>	<b>YDP</b>	<b>YDP</b>	<b>YDP</b>	<b>YDP</b>	
6:00pm	<i>HL</i> / <b>CROSS TRAINING</b>	<i>HL</i> / <b>CROSS TRAINING</b>	<i>HL</i> / <b>CROSS TRAINING</b>	<i>HL</i> / <b>CROSS TRAINING</b>		

### cedar lake next to fuel fitness

	monday	tuesday	wednesday	thursday	friday	saturday
4:00pm	<i>HL</i> (MUST QUALIFY)		<i>HL</i> (MUST QUALIFY)		<i>HL</i> (MUST QUALIFY)	
5:00pm	<b>YDP</b>		<b>YDP</b>		<b>YDP</b>	
6:00pm	<i>HL</i> / <b>CROSS TRAINING</b>		<i>HL</i> / <b>CROSS TRAINING</b>			

### crown point inside fuel fitness

	monday	tuesday	wednesday	thursday	friday	saturday
4:00pm		<i>HL</i> (MUST QUALIFY)		<i>HL</i> (MUST QUALIFY)		
5:00pm		<b>YDP</b>		<b>YDP</b>		

## Winter/Spring 2014

### CROSS TRAINING

Functional exercises for strength, balance, power, flexibility and core stability using ones own body and the TRX Suspension Straps. This class is taught at faster, circuit style format pace moving quickly between upper and lower body exercises. Adults with workout experience will enjoy the push to the next level but enjoy the high pace setting of a group workout and team training atmosphere. This advanced conditioning program is great for men and women that are getting in shape for an event, career testing, personal athletic event or just training beyond your current solo capabilities.

ADP (ages 21+)

### YDP

YOUTH DEVELOPMENT PROGRAM

The Youth development program is quickly becoming Northwest Indiana's most dedicated and respected youth development training regiment. With over fifty classes offered per month and independent one on one training to compliment, no aspiring athlete will be left behind. Our YDP classes instill discipline, active lifestyle, confidence and technique for new athletes. Advanced young athletes will be trained in speed strength and coordination improvement skills. You're only one season away from being your best. Try your first YDP class for FREE today.

YDP 1 (ages 9-11) YDP 2 (ages 12-15)

### HL (HIGHER LEVEL)

ADULT & YOUTH DEVELOPMENT PROGRAM

Our Higher Level (HL) Development Program is geared primarily for individuals who are ready to take their training to the highest level. The program is both physically and mentally demanding as the expectation for each individual is to train and perform at "game speed". Training will include sport specific drills, technical form training, and core strengthening exercises; all designed in developing explosive starts, enhanced linear and lateral speed, multi-directional agility, reaction time, and self confidence.

HL (open to all ages, must qualify)

### TEAM TRAINING

Jared Tomich and Ignite Sports Performance Trainers have designed a strength and conditioning program geared specifically towards college and NFL prospects. This training program is intense, disciplined, and highly regimented to produce breakout performances on Combine day. With experience teaching and training college and NFL prospects for the past five years, we are fast- becoming innovators of Combine training!