



## Athletes Conditioning Program

### ALL SPORTS

Basketball  
Football  
Baseball  
Lacrosse  
Volleyball  
Track  
Soccer

### ALL LEVELS

Pop Warner  
High School  
College  
Professional

### ALL AGES

Boys  
Girls  
Men  
Women

If you're ready to take your game to the next level...  
If you want to become the athlete that you know you should be...  
If you want a serious workout that will have you begging for more...  
If you need a serious trainer that won't let up...

**This Conditioning Camp is for YOU!!!**

Speed Training, Agility Drills, Monster Cardio/Endurance Training, Killer Strength Training, and Flexibility Enhancement. We will employ hill work, weight-vest training, obstacle courses, free-weight training, Power Yoga and more to improve you as an all-around athlete. This is Hardcore Training that will take you to Super Star status. Yes, you can go from All-County to All-State to All-American to a Million-Dollar contract!!

#### Bio:

George Tyler is one of the leading fitness experts in the Country. He has trained High School All- Americans, State Champions, MVP's, and College and Pro athletes. George also owns Top Shape Fitness Center in Columbia, MD where he and his staff have changed hundreds of lives through weight loss and living healthier with physical fitness. George holds a B.S. Degree in Physical Fitness and is a Certified Personal Trainer with ISSA. George has been a Trainer for Baltimore Ravens staff and at John Hopkins Hospital for the Obese Inner City Kids Program, as well as developing corporate fitness programs for local companies and organizations. George has trained with Billy Blanks' TAEBO Fitness and participated in numerous DVD's with Billy Blanks. George trained Miss Maryland Swim Suit contest first place winner and has help hundreds of people lose weight in his 25 years in the fitness industry.

**Cost: \$600.00**

**Start: 1<sup>st</sup> Monday, Each Month**  
**Duration: 4 Weeks**

**Times: Monday – Friday**  
**3:30 PM – 5:00 PM**

**Where: Top Shape Fitness**

**Location: 9110 Red Branch Rd**  
**Columbia, MD 21043**

**Contact: George Tyler**  
**(410) 715-3727**  
**gttopshape@yahoo.com**