



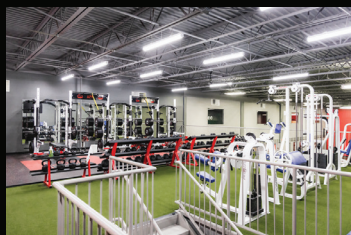
ATHLETIC PERFORMANCE FACTORY

WHERE ATHLETES ARE MADE

STATE-OF-THE-ART TRAINING FACTORY

APF's mission is to help athletes become bigger, faster, stronger, more powerful, and more explosive. Our goal is to help you become the best athlete you can be. No matter the sport, your age, or your skill level, we want to make a better athlete first, so those skills can transfer directly to each specific sport.

Travel and Club Teams we want to be your off-season and/or in-season training home for the 2022-2023 season. We offer five classes (sand, speed, agility, strength, core) for your team or organization to rent hourly. Teams have the option to request an APF instructor to guide your team or have the option to train the team themselves. Coaches, contact either Doug or Tyler to schedule a tour of our facility and discuss options for your training purposes.



Weight Room

State of the art weight room to improve strength and explosiveness building a better overall athlete.

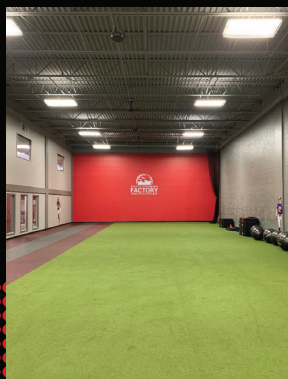


Core

Developing your core strength to connect your lower half to your upper to make an explosive athlete.

Sand

Bounding, running, jumping, to increase vertical jump, speed, and an overall more explosive quick twitch athlete.



Speed & Agility

Speed:
Training proper mechanics to accelerate faster and move at a top speed efficiently.

Agility:
Geared towards training sport specific and reactive change of direction.

CONTACTS:

Doug Schafer - doug@trainapf.com
Tyler Douglas - coachtdapf@gmail.com

TRAINING DATES/TIMES:

Monday - Friday 4pm-9pm
Saturday 12pm-8pm • Sunday 8am-8pm

Self-Instructed

- * 30 hours = \$1,200
- * 50 hours = \$2,000
- * 70 hours = \$2,800
- * 90 hours = \$3,600

APF PROGRAM With Instructor

- * 30 hours = \$2,250
- * 50 hours = \$3,750
- * 70 hours = \$5,250
- * 90 hours = \$6,750

* Hours must be used 1 year from purchase date!

3150 45th Street • Highland, IN 46322

219-750-1087

www.trainapf.com