



eliteft
fitness training
ESTABLISHED 2002

Bosco's

BUDDIES



Our program meets once a week on Thursdays for 6 weeks indoors at Powerhaus in Columbia and is for ages 2-6 and 6-14. All kids receive a free camp shirt!

Raptors

(AGES 2 TO 3) 5:30-6:10pm, \$75

With (1) Adult

Fun introductory soccer

T-Rex

(AGES 4 TO 6) 5:30-6:25pm, \$75

Dribbling and fun activities

15 minute game

EFT Stars

(AGES 8 TO 14) 6:30-7:25pm, \$105

Rec and club players

Footskills, focused training topic, 15 minute game

Private/Small Group

(AGES 8 TO 18) Visit our website for pricing

Confidence and technical ability instruction

Choose your topic or trainer assistance

EliteFT Team Training

Your team works directly with an Elite Trainer

Your coach chooses your topic

Visit our website for pricing



2019 DATES

Spring 1	March 7, 14, 21, 28; April 4, 11
Spring 2	April 25; May 2, 9, 16, 23, 30
Summer 1	June 13, 20, 27; July 11, 18, 25 (off July 4)
Summer 2	August 8, 15, 22, 29; September 5, 12



8719 Hanover Industrial Dr.
Columbia, IL 62236



LOYALTY PROGRAM

If you are currently attending a 6 Week Program, you may save 15% off the next scheduled program by registering more than 7 days prior to the start of the next program.

MEMBERSHIP

Become an Official Elite FT 6 Week Program Member and attend as many sessions in as many locations as you would like. Payments are made monthly.

DISCOUNTS

groups for codes 20% Off groups of 6 or more family10 10% Off siblings
multiple10 10% Off multiple camps thanks10 10% Off military

ONLY ONE MAY APPLY. ONLY VALID IF REGISTERED 7 DAYS PRIOR TO CAMP.