



CHESTERTON ACADEMY OF ORLANDO

S*AINTS* **S***TRENGTH* **T***RAINING*

STRONGER. FITTER. TOGETHER.



SAINTS STRENGTH TRAINING is an after-school strength and conditioning program focused on General Physical Preparedness (GPP) and overall fitness improvement offered to all Chesterton students.

A systematic progression of proper movement patterns and techniques, weightlifting, cardiovascular training, calisthenics, plyometrics, energy system development, and more.

Twice a week students will be led through a structured hour long outdoor group session involving a proper warm-up, workout, and cool down. Sessions are broken up into guy and girl groups. Everyone does the same workout together in their respective groups. All workouts are scaled to the individual's ability.

EQUIPMENT USED

Barbells, Kettlebells, Dumbbells, Medicine Balls, Battle Ropes, speed ladder, yourself. All equipment will be provided by Nomad Adventure Fitness including their custom-built fitness trailer.

WHAT DO I BRING

Bring a positive attitude and a desire to work hard. Students will be physically and mentally challenged. Wear your Chesterton Academy gym uniform or equivalent (shorts, t-shirt, gym shoes and socks, water bottle)

INSTRUCTORS/COACHES

Chesterton parents Mickey and Kate Kostelnik will design and lead workouts.

Mickey is a former Army Ranger with a master's degree in exercise science, multiple fitness certificates and over 15 years of training and coaching strength and conditioning and general fitness in both the military and civilian settings.

Kate is a former professional dancer with over twenty years of classical ballet experience along with cross training dancers of various ages. She is a NASM-certified personal trainer.

WHEN/WHERE

Students can sign up for any or all of our **four sessions**:

- **FALL:** August 15 (Fri)– October 10 (Fri) (9 weeks)
- **WINTER 1:** October 20 (Mon) – December 12 (Fri) (7 weeks)
- **WINTER 2:** January 05 (Mon) – March 13 (Fri) (9 weeks)
- **SPRING:** March 17 (Mon) – May 08 (Fri) (7 weeks)

We will meet on **Monday** and **Friday afternoons** in the parking lot, 4:00-5:00 PM

We train outdoors in most weather! We will reschedule for lightning.

COST

- \$200/9 week session
- \$160/7 week session

INTERESTED?

Contact us at info@nomad-adventurefitness.com for more information and to register.



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