



Champions Athletic Center

40 Southlawn Court . Rockville, MD 20850 . ph: 301.838.7403 . www.championsfieldhouse.com

Updated 12/12/11

CHAMPIONS ATHLETIC CENTER

Philbin's Fitness Center was taken over by Champions Fieldhouse in January 2011 and re-named Champions Athletic Performance Center (CAPC).

Coach Philbin and his trainers continue to conduct Personal Training and Speed & Agility training for teams and individual athletes. CAPC continues to operate the Speed & Agility (SAQ) Classes.

SPEED & AGILITY CLASSES (SAQ)

SCHEDULE:

Tuesdays (6:30 - 7:30 pm) for all ages

Thursdays (6:30 - 7:30 pm) for all ages

Saturdays (11 am – 12 noon)

PRICING FOR CAPC MEMBERSHIP WHICH INCLUDES SPEED AND AGILITY CLASSES (SAQ):

\$25 - Monthly Membership for 6 months or more

\$20 - Family Memberships of two or more with a \$60 cap

\$10 - Drop-In Rate

HOURS OF OPERATION:

Monday – Saturday: 8am - 1am

Sunday: 9am - 1am

TO INQUIRE ABOUT CAPC MEMBERSHIPS, PLEASE CONTACT ALEX AT ALEX@CHAMPIONSFIELDHOUSE.COM.