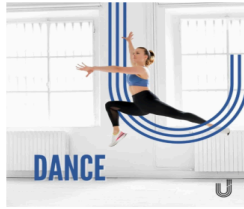


Team Combos

This 2-hour program offers a powerful combination of:



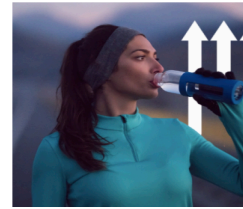
45-Minute Custom Dance Class *(Coaches Choice)*

Custom dance class with one of our master teachers focused on team needs in any genre.



45-Minute Sports Performance Class

Work with our expert trainers to create a customized workout that supports your team's specific goals; including injury prevention, explosive movement, and stamina.



30-Minute Recovery Center Session

Learn to utilize our cutting-edge recovery center and optimize your body's potential under expert supervision.

[LEARN MORE](#)

Here's WHY your team should try it:

- **Boost athletic performance and teamwork.**
- **Experience our state-of-the-art training facilities.**
- **Learn from industry-leading master dance instructors.**
- **Discover the power of a comprehensive training approach.**

*We can schedule weekly individual team combos for peak training in the summer and throughout the season. The training will constantly adjust and complement the team's season. We focus on injury prevention and recovery during the competition season.

Recover Like a Pro:

- **Hot and Cold Plunge Pools:** Improve muscle flexibility, reduce soreness, and accelerate recovery.
- **Advanced Infrared Saunas:** Promote relaxation, healing, and detoxification.
- **Hyperice Tools:** Enhance circulation, reduce muscle tension, and improve recovery time.
- **Perfect Chair Pro and Massage Tables:** Provide optimal support for spinal health and muscle recovery.

Our Recovery Center is designed to help young athletes recover efficiently, maintain peak physical condition, and learn to use professional-level equipment.

Nicole Kahre handles all bookings at the coaches' discretion.

Please email sparkdttp@gmail.com

UPSWING CENTENNIAL PRICING / Starting APRIL 2025

Single Session

CATEGORY: Classes

PRICE: \$40

DESCRIPTION: Join us for one class! Whether it's sports performance, dance, team training, or a combo class, UPSWING is here to support your needs. Sports Performance Training focuses on speed, strength, and agility tailored toward maximizing core athletic abilities essential for excelling in any sport. Powered by Spark, Dance Training (ranging in difficulty levels, style, and age groups). In our Dance Team Combos, dancers focus on both learning dance technical skills at the varsity level AND speed and agility sports performance skills — all in one session. Bring your whole team in for Team Training (10 person minimum) to boost athletic performance and teamwork across the board. Don't forget, all our class offerings give athletes access to our state-of-the-art Recovery Center with leading technologies to expedite recovery.

UPSWING Centennial is open 7 days/week, Mon-Fri 9AM - 9PM and Sat-Sun 8AM - 5PM.

CANCELLATION POLICY: Cancellations made within one hour of the start of class will incur a charge equivalent to the class fee. MATURITY DATE: Expires 3 months after date of purchase.

Monthly Unlimited Access

CATEGORY: Contracts

PRICE: \$300/month

DESCRIPTION: All the classes you want, paid month-by-month. Gain all the perks of sports performance, dance, team training, and combo classes for a single monthly fee, providing you with unlimited access to any and all classes available at UPSWING, plus free access to our state-of-the-art Recovery Center and unlimited Drop-Ins. Drop-Ins — available for all athletes ages 14+ — can enjoy self-guided access to the strength training area, indoor track (7 lanes and 60 meters) & field, Recovery Center, and Dance Studio (work on specific skills or choreography) at your own leisure! (Please understand that scheduled classes will have priority over designated areas, so be sure to look at our online schedule and work around them when using a Drop-In.) This contract is an auto-enrollment option, with payment automatically processed on the same day every month, starting on your date of purchase.

UPSWING Centennial is open 7 days/week, Mon-Fri 9AM - 9PM and Sat-Sun 8AM - 5PM.

CANCELLATION POLICY: You may cancel your auto-enrollment online at any time without incurring a fee. MATURITY DATE: Auto-renews monthly unless canceled by client.

DISCLOSURE: To participate in team training, your team will need to be pre-approved for a group class.

UPSWING EXPERIENCE SCHOLARSHIPS are available!