

[www.LeeTaftSpeedAcademy.com](http://www.LeeTaftSpeedAcademy.com)

Lee Taft Speed Academy, Inc.  
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Located at the Adirondack Sports Complex, a.k.a. "The Dome."

**Building Health. Achieving Results.**



## Adult Programs

Personal health and fitness is a vital part of life. Whether you are beginning a workout regimen, renewing your enthusiasm for exercise or looking to improve performance, we have a fitness plan to achieve the results you want! Discover the truth about accelerating fat loss, training for maximum results, and enhancing performance for the weekend warrior.



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"Lee's adult program has empowered me to take charge of my total health. His individual coaching gave me fast results and changed my life."

-Janice Vaughn  
marathon walker

## Adult Fitness Class

Looking for a fitness class for your personal level and ability? Need a fitness class that allows you to work at your own level and accelerate fat loss? LTSA Adult Fitness class will allow you to gain optimal results that stay with you for a lifetime. Become healthy, lean, toned, fit, strong, balanced, flexible, and mobile. This three day per week, group setting class:

- ▶ Accelerates your fat loss.
- ▶ Increases your strength.
- ▶ Improves your health.

## PowerBase™ Bootcamp

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*Lee's bootcamp has been an excellent way for me to tone up and get myself into shape so I can play the sports I love like basketball.*

-Brent Peterson  
weekend warrior



Experience an awesome burst of energy and movement to make you strong, fit and powerful. Our PowerBase™ Bootcamp pace is geared toward the individual wanting a greater fitness challenge yet adjustable for any level of fitness level.

- ▶ Prove what you are made of while having fun.
- ▶ Bootcamps run in 6 week cycles and progress each session.
- ▶ Joining after the first week is discouraged.

## Individual Coaching

Reaching the fitness results you desire can be a challenge. Begin your journey to a more fit and rewarding lifestyle with customized workouts designed specifically for you and your goals. The advantages of choosing LTSA Individual Fitness Coaching include:

- ▶ Assessment of limitations and current fitness level.
- ▶ Progress at your level.
- ▶ Achieve greater results.
- ▶ Personal attention from your fitness coach to keep you on track.