



IRON COURTS

TRAIN. RECOVER. PERFORM. _____

Iron Courts welcomes East Valley Athletes for Christ (Special Offer Below!)

Iron Courts is an elite training facility dedicated to **Training** with focus, **Recovering** with intention, and **Performing** with excellence. All divisions of Iron Courts work collaboratively and everyone at Iron Courts is dedicated to fostering positive interactions with you and your athlete to achieve optimal results.

From the coaches and trainers, to the medical staff – our goal is to **be your team** and to have you **join our family!** At Iron Courts, you will see the following:

- **Basketball** – 3 Basketball Courts; 2 Regulation Courts and 1 Training Court (also used for PreK to 2nd)
- **Pickleball** – 7 Regulation size Courts
- **Athletic Testing** - InBody (body composition), Kinetisense (Functional Movement), Proteus (Power)
- **Training** – All sports
 - Performance classes include: Plyometrics/Jump, Speed/Agility, General Performance Training
 - Group and Private training available. Focus on Form and Injury Prevention
 - Basketball classes include: Academy, Skill Classes (Shooting, Dribbling, Advanced concepts)
 - Our goal is to provide instruction on injury prevention while optimizing offensive and defensive skills. At Iron Courts, your athlete will hone-in their shooting mechanics and improve their speed and agility.
- **Recovery**
 - Stretch (individual and group), Percussion, Compression, Cryotherapy, and IV hydration
- **School Sports Physicals**
 - At Iron Courts, we offer the convenience of one stop shop for all your athlete's needs.
- **Nutrition/Weight management**
 - Iron courts can optimize your weight gain or weight loss goals

Memberships

- **D1 Training Membership (Includes General Membership)**
 - **Two** training sessions per week. Can combine Basketball and Performance/Speed
 - **Member pricing** for all other services
 - **Unlimited** open gym and/or pickleball access (\$599/yr value)
 - Includes **two Athletic performance tests** per year (\$149/yr value)
 - Best Value at \$199/mo (50% Off First Month; 3 mo minimum)
- **General Membership**
 - Unlimited open gym and/or pickleball access
 - Member pricing for all other services
 - Best Value at \$50/mo (paid annually at \$599/yr), \$70/mo monthly. \$40/mo Pickleball Only.

EVAC Students get first month 50% OFF. Sign Up for a Membership Today!