

# Skill Endurance DISCIPLINE

[START TODAY ↗](#)

## The place for **COACHING FROM CHAMPIONS OF SOCCER**

Develop confidence, composure under pressure and the discipline needed to be a champ. This is the club you've been looking for.

**LOCATION**

Kissimmee  
1709 N John Young Pkwy

**WORKING HOURS**

Monday - Saturday: 5:00 - 7:30  
Sunday: Closed

**CONTACT**

M: 407-588-0222  
E: info@mysocceracademy.com



## CLASSES TYPES

- Toddlers Class ↗
- U6 Class ↗
- U9 Class ↗
- U13 Class ↗

# Weekly SCHEDULES

| KISSIMMEE                 |                   |
|---------------------------|-------------------|
| <b>Saint Johns Church</b> |                   |
| TUESDAY                   | 05:00pm - 6:00pm  |
| THURSDAY                  | 05:00pm - 06:00pm |

| ORLANDO           |                   |
|-------------------|-------------------|
| <b>OIS Indoor</b> |                   |
| ✓ MONDAY          | ⌚ 5:00pm - 7:30pm |
| TUESDAY           | 5:00pm - 7:30pm   |
| WEDNESDAY         | 5:00pm - 7:30pm   |
| THURSDAY          | 5:00pm - 7:30pm   |
| FRIDAY            | 5:00pm - 7:30pm   |
| SATURDAY          | 8:30am - 10:30am  |

| ST. CLOUD                  |                   |
|----------------------------|-------------------|
| <b>Saint Thomas Church</b> |                   |
| ✓ MONDAY                   | ⌚ 5:30pm - 6:30pm |
| WEDNESDAY                  | 5:30pm - 6:30pm   |
| FRIDAY                     | 5:30pm - 6:30pm   |

| POINCIANA            |                 |
|----------------------|-----------------|
| <b>Deerwood Park</b> |                 |
| WEDNESDAY            | 5:00pm - 6:00pm |
| FRIDAY               | 5:00pm - 6:00pm |



## SPECIAL PROGRAMS

### **SOCCER TRAINING** *Kids club only*

There's no better way to teach self-confidence than soccer. Kids will discover their own determination, skill and passion for fitness, while making friends and having fun. Sign up for a monthly membership, or get a taste for boxing in a single class. We're flexible. All coaches are insured and qualified.

✓ Toddlers  
**AGES 2-4**
✓ U6  
**AGES 5-6**
✓ U9  
**AGES 7-9**
✓ U13  
**AGES 10-13**

JOIN US TODAY



# SOCER CLUB

## Membership

An exclusive TITLE Soccer Club membership gives you full access to group fitness workouts with any of our trainers in all of our classes. Easy monthly payment plans eliminate the stress of counting classes. Just show up and start sweating! It is a long established fact that a plans the stress reader will be distracted by the readable content of a page when looking at its layout.



## WHAT TO EXPECT

[START TODAY ↗](#)



### #1 WARM UP

Trainer-led shadow boxing, cardio drills and stretches to get your heart pumping. You'll begin each class with a solid stretch and calisthenics to prepare your body for or kicking the heavy bag during the rest of the workout.



### #2 THE ROUNDS

Each of our boxing workouts consist of three-minute rounds where your trainer will lead you through a series of punches and kicks on the 100-pound heavy bag. We'll teach you how to execute each move throughout the rounds.



### #3 ACTIVE REST

Active rest period is one minute long. You can push yourself and your limits during this period or take a quick water break and jump right into the next round. Get the ultimate burn with added lower body the rounds.



### #4 CORE & COOL DOWN

Finish your full-body workout with the hardest, most sculpting portion of our class. Trainers will lead you through a strengthening and with the hardest abdominal workout to the next define your core.

## Upcomings events

[OLDER NEWS ↗](#)



[READ MORE ↗](#)

DO DATS / VOLUNTEER

READ MORE ↗

READ MORE ↗

## Our supporters



MOUNTAIN  
VIEW



DASHBIKE  
BIKE RACE TEAM



NEW TRAILS



DOWN HILL

FOXER



ROCKRIDE  
SHOP & SERVICE

DONATE TODAY ↗

## Our clients' TESTIMONIALS



We'll start small then build, giving your body a to really what you're doing," says Sylvia. "Each class will be exciting, always moving you forward.

SYLVIA RINSKY  
Recreational climber

Your first  
**CLASS FREE**



407-588-0222

GET IT NOW!



# Question? CONTACT US

Name

Phone\*

E-mail\*

Select Location

Your Message

**SEND NOW ➔**

#### ADDRESS

\* Kissimmee  
1709 N John Young Pkwy

\* Orlando  
11435 Rocket Blvd

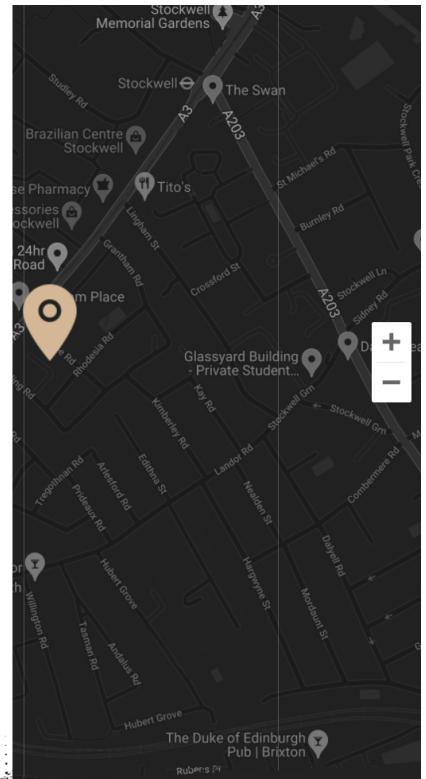
\* St. Cloud  
700 Brown Chapel Rd

#### WORKING HOURS

**MON - SAT**  
**5:00pm - 7:30pm**  
**SUNDAY - CLOSED**

#### CONTACT INFO

**407-588-0222**  
**info@mysocceracademy.com**



@ Copyright. My Soccer Academy LLC. All Rights Reserved

[Terms & Conditions](#) | [Privacy Policy](#)