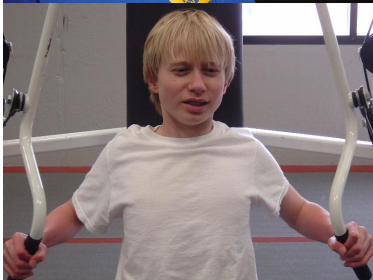




ATHLETIC REPUBLIC™



Athletic Republic Libertyville Newsletter - September, 2010

**10%
Off**

Fall Special! Take 10% off any membership or package purchased in September. Must present coupon at time of purchase. Can not be combined with any other specials, discounts or coupons.

Email us at info@palmensports.com

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At Athletic Republic it begins with a training program that translates your improved effort to performance on the field.

Our Science + Our Trainers + Your Effort = Dramatic Improvement In Your Sport



Offer Expires: September 30, 2010

Dear Athlete,

We have launched our new website! Check us out!

www.palmensports.com

Look for our special announcement this Winter. Core Golf and Athletic Republic Libertyville will be partnering up this winter to offer a spectacular program for golfers young and old.

Have you bought your Punch Card Yet?

Make Gatorade, recovery shakes, protein bars, and water purchases easy by purchasing a punch card. We will even keep in your file for you. Easy and convenient.

We all wish Drew Austin a fast recovery, can't wait to see you run again.

See our athletes train on YouTube! Go to the link below and sign up. Let us know if you want to be in our next video.

Best of luck this fall to all our athletes.

Sincerely,

Jon Palmen
Athletic Republic Libertyville
847-362-5700
www.palmensports.com
info@palmensports.com

Find us on Facebook 

[Athletic Republic on YouTube](#)

Athlete Appreciation Day

Join us on Tuesday, October 12th for athlete appreciation day! Sign up in advance to take advantage of a free Pre Test or Post Test evaluation! Sign up a friend too, or bring your parents along.

Athlete of the month - Caitlin Murphy

Caitlin is a 15 year old sophomore at Carmel Catholic High School who plays soccer and runs for the cross country and track teams. She trained with us here at AR this summer and demonstrated a great work ethic, and an excellent

attitude. Caitlin is an extremely coachable athlete who is always a pleasure to work with. Through her hard work and consistency Caitlin made great strides this summer. Everyone here at AR wishes her the best of luck in her seasons and can't wait to work with her again. Way to go!!!

[Caitlin Murphy YouTube Video](#)

Join us on Facebook

Join our Fan Page on Facebook:

http://www.facebook.com/home.php?#!/pages/Libertyville-IL/Athletic-Republic-Libertyville/135291809821318?ref=ts&__a=8&ajaxpipe=1

Athletic Republic Profile

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AR YouTube Videos



[Corey Graham and Trumaine McBride doing Plyometrics at Athletic Republic](#)

[Carmel Hockey Training Sessions at Athletic Republic Libertyville](#)

[Soccer Cord Training at Athletic Republic Libertyville](#)

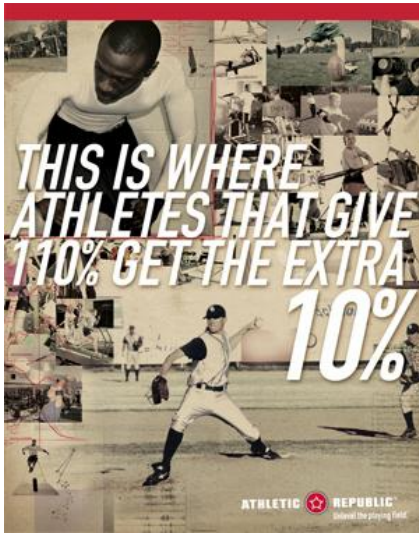
[Plyometric training with resistance cords at Athletic Republic](#)

[Football Fast](#)

Hockey Treadmill



Now affiliated with Lincolnwood Athletic Republic. You can do your plyometrics and skill training here in Libertyville, and then use the facility at the Lincolnwood branch to work on your skating on our state of the art skating treadmill.



Jon Palmen
Athletic Republic Libertyville
847-362-5700

www.palmensports.com
info@palmensports.com

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jp@palmensports.com - President

Ashley@palmensports.com - Trainer

Lance@palmensports.com - Trainer

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