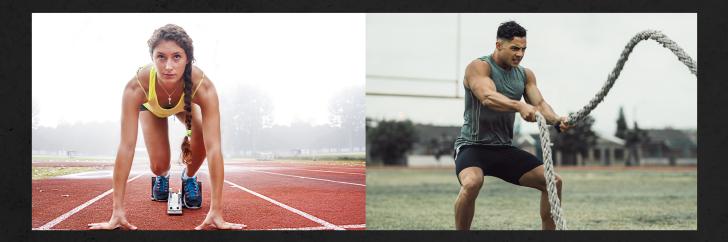




TRAINING PROGRAM



Athletes receive an **individualized program** designed for their needs and the demands of their sport. Every athlete is taken through a **performance assessment** prior to the start of their training program. Programs are created to **improve performance** by building **strength** and **power**, increasing speed, and address commonly injured areas of the body.

PRICING

1 SESSION/WEEK- \$175 2 SESSIONS/WEEK- \$275 3 SESSIONS/WEEK- \$325 UNLIMITED - \$339

TRAINING SCHEDULE

(AGES 12+) MONDAY - 6PM WEDNESDAY - 1PM,6PM FRIDAY - 1PM, 6PM SUNDAY - 10AM

*Siblings: 15% total discount on all Sports Performance training for families with multiple siblings.

*Training sessions expire 60 days after purchase

SIGN UP: EMAIL ANDREW MURCIA AT ANDREW.MURCIA49@GMAIL.COM