

GAMESPEED

Athletic Performance Training

*****Group Workout Special \$140*****



Enjoy A Workout With Friends!!

Do you and your buddies like to workout together?

Want a custom program just for you and your friends?

Pick a few friends who want to do the same type of training and your off and running.

You only need four people for the group.

Sport Programs For

Softball
Baseball
Basketball
Football
Soccer
Softball
Lacrosse



Fun, Challenging & Innovative Training Methods

Choose the area of emphasis:

Speed

Power

Agility

Conditioning

Combinations of All



- 60 minute training session
- 1 to 4 Instructor to group ratio
- Group determined training program
- Age appropriate exercises

PRICING \$140

All participants in groups must be within age limits:

8-10

11-14

15-18

Flexible Schedule

Saturdays: 9am, 10am, 11am, Noon

Sundays: Noon, 1pm, 2pm

Week days also available by appointment at extra charge

Limited Time Only & Minimum Sessions & Restrictions May Apply

For More info Contact:

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