

GAMESPEED

Dry Land Conditioning Summer Program

A Conditioning Program Designed Specifically For Water Polo Athletes

Leg Power

Explosive Arm & Shoulder Strength

Core Stability for Power Transfer

Total Body Quickness



Ages: 11 & Up

Co-Ed

Cost: \$25 per class

4 For \$95

Dates:

Mondays & Wednesdays

5pm-6pm

6pm-7pm

To Reserve Your Spot Contact

Gamespeed Sports Performance

7071 Commerce Circle #A

Pleasanton, Ca 94588

925 770-7337

Website: www.Gamespeed.net