

GAMESPEED

Presents

Built To Win

Starting Wednesday April 7th

Customized Instruction In:
Speed, Power, Agility, Conditioning, Core
Baseball, Football, Soccer, Basketball, Tennis

Ages: 14 & Up

Cost: \$30 per class
5 For \$145

Mondays, Wednesdays &
Fridays
5:00pm-6:15pm
6:15pm-7:30pm

Saturdays
9:00am-10:15am
10:15am – 11:30am



To Reserve Your Spot Contact

**Gamespeed Sports Performance @
Delta Valley Athletic Club
120 Guthrie Lane
Brentwood, Ca 94513
925 513-8676**

Website: www.Gamespeed.net
No Club Membership Required

**MULTI FACETED ON & OFF SITE TRAINING
OLYMPIC WEIGHTS RESISTANCE PLYOMETRICS
HILL TRAINING POOL WORK**