

STRENGTH, AGILITY & SPEED TRAINING

with **CHRIS ZABLOCKI**

Morning & Afternoon Sessions Available!!!

Open to All 7th -12th Graders

✓ Explosive Training

Tuesday, Wednesday, & Friday

MORNING

6am - 6:45am \$15 per session

✓ MP "All Gas" Explosive Training

Monday & Wednesday

AFTERNOON

4:15pm - 4:45pm \$15 per session

✓ Speed & Agility

Dale Baskett's proven Hall of Fame Speed
and Explosiveness program

Monday & Wednesday

AFTERNOON

4:45pm - 5:15pm \$15 per session



*Get After
Your
Goals!!!*

Register:



W1953 Garton Road, Sheboygan

matchpoint-performance.com