

STRENGTH, AGILITY & SPEED TRAINING with CHRIS ZABLOCKI

Morning & Afternoon Sessions Available!!!
NEW SESSIONS - START JANUARY 5TH
Open to All 7th -12th Graders

✓ Tuesday, Wednesday, & Friday
MORNING:

Explosive Training

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

✓ Monday & Wednesday AFTERNOON

MP "All Gas"

*Dale Basket's proven Hall of Fame
Speed and Explosiveness program*

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

Speed & Agilitiy Program

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



*Get after your
goals in the
new year!*

Register:

matchpoint-performance.com

