

# 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 Baskett'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:*

