



# SPEED & QUICKNESS TRAINING SPRING 2015



GET WITH THE PROGRAM AND DOMINATE THE COMPETITION!

## PROGRAM DETAILS

DATES: 3/2/2015 – 5/28/2015 *(START ANYTIME!)*

DAYS/ TIMES: Sessions Offered Monday – Thursday

Youth (ages 8-10): 5:00 – 6:00pm

Athlete (ages 11-14): 6:00 – 7:30pm

Elite (ages 15-18): 3:30 – 5:00pm

*\*FREE Saturday sessions Included with all weekday training packages!*

LOCATION: The nZone  
14550 Lee Road  
Chantilly, VA 20151



COST: Ages 8-10: As Low As \$18/session (2 days/week)  
Ages 11-14/ 15-18: As Low As \$30/session (2 days/week)

*\*Promo Code: CYAbball – 20% Off Normal Pricing!*



- Sessions Focus on Improving:
  - SPEED
  - QUICKNESS
  - COORDINATION
  - OVERALL ATHLETICISM!
  - AGILITY
  - POWER
  - FUNCTIONAL STRENGTH
- Access to FREE Saturday Sessions!
- Homework Packet and Nutritional Guide Provided!

REGISTER NOW!

[www.TrueAP.com/Chantilly](http://www.TrueAP.com/Chantilly)

- Questions? Contact Randy Devine: [rdevine@trueap.com](mailto:rdevine@trueap.com)
- Contact TrueAP Office: 703-996-3500