



# SPEED & QUICKNESS TRAINING WINTER 2015-2016



True AP increases speed, agility, quickness, and strength - improving performance for athletes of ALL AGES!



WINTER SESSION II: 1/25/2016 – 3/2/2016

Classes offered Mondays/ Wednesdays at Simpson MS in Leesburg



### TRAINING SCHEDULE:

Ages 9-13: 5:30 – 6:30pm

Ages 14-18: 6:30 – 7:30pm



### ATHLETE PRICING:

12 Session Package: Only \$190!

6 Session Package: \$120



Search Activity Code:  
221334

**REGISTER NOW:**

**WWW.TRUEAP.COM**

**TRAINING LOCATION:**

SIMPSON MS - 490 Evergreen Mill Road SE – Leesburg, VA