



SPEED & QUICKNESS TRAINING SUMMER 2016



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



SUMMER SESSION I: 6/13/2016 – 7/27/2016

Classes offered Mondays/ Wednesdays at Simpson MS in Leesburg



TRAINING SCHEDULE:

Ages 9-13: 5:30 – 6:30pm (Code: 621496)

Ages 14-18: 6:30 – 7:30pm (Code: 621497)



ATHLETE PRICING:

12 Session Package: Only **\$190!**

6 Session Package: \$120



**Search Activity Code:
621496 or 621497**

REGISTER NOW:

WWW.TRUEAP.COM/LEESBURG

TRAINING LOCATION:

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