



MLBL

VERTIMAX POWER TRAINING



TrueAP's Vertimax™ training can help athletes improve
**SPEED, POWER, and VERTICAL JUMP to DOMINATE in ANY
SPORT!**

**SESSIONS OFFERED YEAR-ROUND
JOIN ANYTIME!**



ADDITIONAL OPTIONS:

- **Team Training** (max. 12 athletes)
 - **WE CAN TRAVEL TO YOU!**
- **Personal/ Small Group Training**
- **Sport-Specific Training**

Questions?

Josh Champney
jchampney@trueap.com

25% Discount, Enter Promo Code: mlbl

PROGRAMS – Spring 2017:

DATES:

03/01/2017 – 06/29/17

JOIN ANYTIME!

DAYS/ TIMES:

Wednesdays

7:00pm – 7:30pm (ALL ages)

Thursdays

7:00pm – 7:30pm (ALL ages)

Saturdays

9:30 – 10:00am (ages 11-13)

10:00 – 10:30am (ages 14-18)

LOCATION:

The nZone

14550 Lee Road – Chantilly, VA

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REGISTER NOW!

1. Go to **www.TrueAP.com** and click "Programs" tab.
2. Find "Chantilly" location, and click "Performance Plus"
3. Find the appropriate class and follow prompts to register!
4. Stars Bball **25% Discount: Enter Promo Code: mlbl**