

# TRAIN TO WIN

**GET READY FOR YOUR NEXT SPORTS SEASON**

**Improve AGILITY, QUICKNESS, SPEED and POWER**

**Lacrosse / Soccer Boys and Girls • Training and Conditioning**



***THE PARISI SPEED SCHOOL...***

**The Country's Top Sports Performance Program. Over 500,000 Athlete's Trained**

**Ages 10-12 Monday 6-7pm at Oak branch location**

**Ages 13+ Monday 7-8pm at Oak branch location**

**Ages 10-12 Saturday 10-11am at Green Valley location**

**Ages 13+ Saturday 11am-12pm at Green Valley location**

**- Saturday Total Conditioning Training -**

## **Training Dates**

Dates Nov. 7 - Jan. 30, no classes Dec. 24, Dec. 31

*Note: No make-ups or refunds for missed days.*

**Cost: \$159.**

***Improving Speed of Movement & Strength of Character***

