

Use This Summer to Create
All-Star Athletic Performance!



**Sign Up For The "Sports XL" Athlete Programs
At Finley Community Wellness Center
This Summer!**

"Thunder" Strength Training Package

12, 30 minute Strength Training Workouts
4-6 week Program length (2-3x/week)
2-6 athletes/session
\$69/Athlete

"Lightning" Speed/Power/Agility Package

12, 30 minute Speed Training Workouts
4-6 Week Program length (2-3x/week)
2-6 athletes/session
\$69/Athlete

"Thunder & Lightning" Training Package

12, 60 minute Sessions
Strength 1st, Speed/Power/Agility 2nd
\$135/Athlete

For Those Who Really Want A Competitive Edge:

"Sports XL Camp!"

(June 1st-August 6th)

30, 30-Minute Sessions - \$149

30, 1-Hour Sessions - \$299

Call Coach Rick Karboviak: 701-361-3101

Email: Rick@ASAPWorkouts.com

DOWNLOAD FORMS AT <http://ASAPWorkouts.com>!