

# "EARNED, NOT GIVEN!"



**THIS CONDITIONING PROGRAM IS DESIGNED TO ENHANCE ATHLETICISM WHICH IS THE KEY TO A STRONG PERFORMANCE IN SPORTS. WE WILL INCREASE SPEED, AGILITY, FLEXIBILITY, MOBILITY, POWER AND EXPLOSIVENESS. WE WILL FOCUS ON CONTROLLING THE ATHLETES OWN BODY WEIGHT WHICH WILL TRANSLATE INTO DRAMATIC IMPROVEMENTS IN STRENGTH AND POWER. WE WILL ALSO ADDRESS THE BODY AS A WHOLE WHICH DECREASES THE RISK OF SPORT SPECIFIC INJURIES AND MUSCLE IMBALANCES.**



**HIGH SCHOOL GIRLS ONLY  
NOVEMBER 27 TO FEBRUARY 15  
WEEK WINTER SESSION  
MONDAY'S AND THURSDAY'S  
7:30-8:30 PM  
1 NIGHT \$50 2 NIGHTS \$100**

**RSVP 11/24**

**Email [tiasapienza@gmail.com](mailto:tiasapienza@gmail.com) with questions.**