

RAISE P E R F O R M A N C E THE ROOF

MAXIMIZE YOUR
ATHLETIC
PERFORMANCE.



PROGRAM TO INCREASE:
STRENGTH, POWER,
EXPLOSIVENESS, JUMP HEIGHT,
FLEXIBILITY, AND JUMP CONTROL

JUNE 16 - AUG 8
MON - WED - FRI
7PM - 7PM - 3PM



\$425 PER ATHLETE

FEMALE ATHLETES
AGES 12-22



FURNACE BROOK PT, QUINCY, MA

VISIT OUR WEBSITE OR EMAIL LTRIFONE@FURNACEBROOKPT.COM FOR MORE INFO