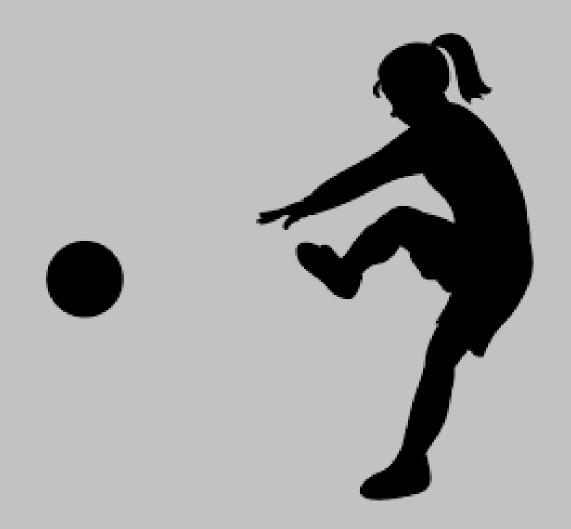
## PERFORMANCE TO A MANCETTE

## 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