



# SPEED & QUICKNESS TRAINING SUMMER 2015



GET WITH THE PROGRAM AND DOMINATE THE COMPETITION!

## Great Way to Prepare for the Season Ahead!

### HAYSL SPEED & PERFORMANCE TRAINING



Promo code:  
**HAYSL**

- Linear / Lateral Speed
- **First Step / Reaction / Agility**
- Power and Explosive Jump Training
- **ACL Injury Prevention Training**
- Core Strength & Joint Stabilization
- **Questions? Contact Josh Daniels - jdaniels@trueap.com**

### PROGRAM OVERVIEW:

**DATES:** 6/15/2015 – 8/9/2015 – START ANYTIME

**St. James Location**

Tuesdays/ Thursdays  
Sessions Held at St. James School  
17641 College Road, Hagerstown

**Highland View Location**

Wednesdays/ Sundays  
Sessions Held at Highland View  
10100 Academy Drive, Hagerstown

**DAYS/TIMES:**

**SJS**

Ages 8-10	5:30-6:30PM & 6:30-7:30PM
Ages 11-13	5:30-6:30PM & 6:30-7:30PM
Ages 14-18	7:30-8:30PM
Adult Fitness	5:30-6:30PM & 6:30-7:30PM

**HVA**

Ages 8-10	5:30-6:30PM
Ages 11-13	6:30-7:30PM
Ages 14-18	7:30-8:30PM

**COST:**

- OPTION 1: CHOOSE YOUR SCHEDULE \$20/session  
 OPTION 2: **8 Session Package - \$96**  
 OPTION 3: **BEST VAULE! Access to all 16 Sessions for Only \$150!**

**Enter promo code: HAYSL 20% off listed prices!**

# REGISTER NOW

1. Go to [www.TrueAP.com](http://www.TrueAP.com)
2. Under Locations, Click on Hagerstown
3. Find the appropriate class and follow online prompts to register and pay online!

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