

# SportShape

is a sport specific training program designed to enhance speed, agility, and strength for the teenage athlete

Led by **Certified Personal Trainers Laurie Hines, DeWayne Moore, Vaughan Twigger, and Kurt Weidner**

**Programs Feature:**

**Speed & Agility Training:** Improve endurance, mobility, and coordination with this broad program designed to make your athlete well rounded and versatile.

**Sport Specific training:** Workouts are designed to improve skills for the participant's specific sport.

Groups will meet three days per week.

**Receive a special promotional rate until June 15**

**Special Rate is \$125 per month for sport specific training and \$60 per month for speed and agility training. Rates includes one month of training and facility membership fees.**

For more information call Christie Heslip or DeWayne Moore at (540) 951-2949 or email

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