



*Sterling's*  
**TEAM SPEED**  
THE TRAINING STARTS HERE

**IN-SEASON TRAINING**

# SPRING

## SPORT PERFORMANCE

**10 WEEKS: FEBRUARY 25 - MAY 16**

**SPEED + AGILITY + CONDITIONING**

**EXPLOSIVE POWER, FLEXIBILITY, INJURY REDUCTION, EMPHASIS ON STRENGTH TRAINING FOR HIGH SCHOOL GROUP**

**UNLIMITED TRAINING 3X PER WEEK**

<b>GRADES 3-7</b>	<b>SUN 1-2PM</b>	<b>MON 6:30-7:30PM</b>	<b>THUR 6:30-7:30PM</b>
<b>GRADES 8-12</b>	<b>SUN 2-3PM</b>	<b>MON 5:30-6:30PM</b>	<b>THUR 5:30-6:30PM</b>

**3 MONTHLY PAYMENTS OF \$129**

**AUTOMATIC PAYMENTS MARCH 1, APRIL 1, MAY 1**

**SPACE IS LIMITED TO THE FIRST 25 ATHLETES PER AGE GROUP**

**REGISTER AT THE FRONT DESK OR ONLINE**

**303-779-3640 | INFO@TEAMSPEEDCO.COM | WWW.TEAMSPEEDCO.COM**

\*\*once registered, no refunds will be given due to limited space\*\*