

# STRENGTH & CONDITION

We train to win games! Our Sport-Specific Strength Training is a scientifically based program designed to establish foundational strength and movement that will have a lasting effect. We employ innovative and creative training methods to push athletes to new levels of athleticism. This is a must for all levels! Build a technical foundation that not only keeps you free from injury but also establishes a top end that will set you apart from your competition.

- 13 YEAR OLDS & UP
- 4 WEEK SESSION
- MONDAY/THURSDAY 4:30-5:30
- TUESDAY/SATURDAY 4:30-5:30 & 11:30-12:30PM
- STARTS DEC. 4 2023

**\$30**  
/SESSION

**PAC**  
POWERBALLERS  
ATHLETIC CENTER

REGISTER NOW

[WWW.PACTURF.COM](http://WWW.PACTURF.COM)