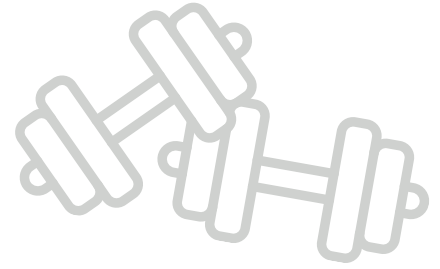




JUMP TRAINING



Join us for a holiday workout to increase your speed and agility to become the best version of YOU! You may sign up for 1 session or both sessions. \$20 for or \$30 for BOTH. Only 30 spots are available per session.

Training will be led by Coach Sam Nestell. We hope to see you there!

DECEMBER 30

10am-11:30am

All 15's and above will run from 10am-11:30am

12pm-1:30pm

All 14's and below will run from 12pm-1:30pm. Yes, that Includes all the 12's :)

**SIGN UP
HERE!**

DECEMBER 31

10am-11:30am

All 15's and above will run from 10am-11:30am

12pm-1:30pm

All 14's and below will run from 12pm-1:30pm. Yes, that Includes all the 12's :)

**LIMITED
SPOTS
AVAILABLE**