

OCTOBER PERFORMANCE+ SESSIONS

TRAIN LIKE AN ATHLETE



GRADES 5-8

- ✓ Can attend any day Monday thru Friday from 4:30 pm - 5:20 pm
- ✓ 6 opportunities - \$120
- ✓ Starts October 12. Sessions must be used by October 30.

✉ Questions email 319SP@the-mac.net



SCAN TO REGISTER
GRADES 5-8



TIME FRAME

GRADES 5-8
4:30 PM - 5:20 PM



COST

\$120
PER PROGRAM



LOCATION

**319 SPORTS
PERFORMANCE
STUDIO**
AT THE MAC XTREME



SESSIONS WILL
CONSIST OF
WORK ON

- SPEED
- AGILITY
- BALANCE
- CORE STRENGTH
- UPPER-LOWER
BODY STRENGTH/POWER

EVERY. BODY.