

GIRLS SPORTS PERFORMANCE

STRENGTH. SPEED. CONFIDENCE.

Girls Sports Performance is a women-only training program for high school athletes who want to get stronger, faster, and more confident, in the gym and in life.

Who It's For:

- Freshman–Senior in high school
- Multi-sport athletes
- All experience levels welcome
- Ideal for off-season or pre-season training

Program Details:
6-Week Program

January 13 – February 19
Tuesdays & Thursdays
6:45–7:45 PM
(12 Total Sessions)

Cost: \$220 per athlete

Includes gym membership and tanning, plus one swag item

FOB (\$15) purchase required

Spots are limited.