

# OFF-SEASON FOOTBALL CONDITIONING CAMP

**DATES: JAN 8 - FEB 14**

*AGES 11 & UNDER & 12+YRS*



**6 WEEKS - MON/WED - 7:15P**



**5-STAR TRAINING PROGRAM**



**INTENSE CONDITIONING**



**\$50 EARLY BIRD DISCOUNT - DEC 20**

## ALL-PERFORMANCE FOCUS + BENEFITS

- ✓ Continuous work on Speed Mechanics, Agility, Strength Enhancement, & Plyometric Conditioning, Improve Overall Mobility &
- ✓ Increase Flexibility
- ✓ Measure Progress with Access to and Track All Workouts Through TrainHeroic
- ✓ Student Athlete Nutrition Guide (\$199 value)



MP Members - Camp Included with Your Membership - Must Sign Up

**Call/Text 817-761-5012**



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