



Speed **Strength** Flexibility **Endurance**



## **Spring Break Training Camp**

- ✓ *Conditioning for Any Sport*
  - ✓ *Injury Prevention*
  - ✓ *Improve Acceleration and Top Speed*
  - ✓ *Improve Total Body Strength*
  - ✓ *Improve Vertical Leap and Change of Direction*
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### **Session Days/Times**

March 15<sup>th</sup> – 19<sup>th</sup>, 2010

7-12 years .....10:00am – 11:30pm

13 years and older.... 11:30am - 1:00pm

Parisi and MAC Members..... \$95.00 for one week

Non Members..... \$150.00 for one week

**Register Now!!!**

*(281) 497-7570*

*14690 Memorial Drive - Houston, Texas 77079*

*[www.fitmac.com](http://www.fitmac.com)*

*"The Fastest Way to Become a Better Athlete"*