



Winter Conditioning & Speed Academy

Make the best of your off-season months
with Rijo Athletics Winter Weight Training & Speed Academy!

10/12/09 - 2/27/10

Information

Ages 13-18:

Dates:

Session A:

10/12/09 - 2/27/10

Mondays 8 PM - 9 PM

Wednesdays 8 PM - 9PM

Cost: \$250.00 month

(October \$150.99)

Session B:

10/13/09 - 2/28/10

Tuesdays 8PM - 9PM

Saturdays 11AM - 12PM

Cost: \$250.00 month

(October \$150.99)

All payments received are
NON-REFUNDABLE and
NON-TRANSFERRABLE.

Are you ready to take your training to the next level? Are you eager to discover just how good you can be? Make the best of your off-season months with our Winter Weight Training & Speed Academy!

You'll get dramatically stronger with a specially designed weight training program that incorporates both free weights and machines. You'll get faster thanks to a variety of the most effective drills, including rope drills, ladder drills and dot drills.

Your training will also incorporate the latest in plyometrics – a type of exercise that uses explosive muscle movement to actually produce more power. You will learn to incorporate new techniques into your future workouts and you will leave this academy with the knowledge and training needed to continue to improve your strength and speed – so your success won't end when classes do!

Best of all you will become generally stronger, faster and healthier! Our Weight Training & Speed Academy is developed and run by our experienced Rijo staff members who ensure you'll achieve dramatic results. All Rijo staff members are Certified Personal Trainers, accredited through the National Academy for Health & Fitness. Call today to reserve your spot! (425) 486-4878

Individual training is available anytime year-round.

Rijo Sports Performance

22620 State Route 9 SE
Woodinville, WA 98072

(425) 486-4878

Sign up early! Space is limited and fills up quickly!

Questions:

Email: Info@RijoAthletics.com