



OFF PERIOD TRAINING

Students are using their free time to their advantage during their off period. Sterling's Team Speed now offers our new OPT (Off Period Training) program. This program is open to all athletes with Off Period's at their School.

What: OFF PERIOD TRAINING

Who: Busy athletes ...train during the day!

Type of Training: Private, Semi-private and Small Group training

Where: Sterling's Team Speed (next to Soccer Stop)

Training Benefits

- Mental Conditioning
- Movement Efficiency
- Core Strength
- Speed Training
- Strength Training
- Cardiovascular conditioning
- Agility drills
- FUN that pays off!!!

Sterling's Team Speed
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