



OFF-PERIOD TRAINING

Why wait until after school to train?
Train during your Off-Period!

What: OFF-PERIOD TRAINING

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

Type of Training: Private, Semi-Private & Small Group
Training

Where: Sterling's Team Speed
8170 S. University Blvd. Ste#190
Centennial, CO 80122

For more information, contact Kira!

TRAINING BENEFITS

- Mental Conditioning - Movement Efficiency
- Core Strength - Speed Training - Strength Training
- Cardiovascular Conditioning - Agility Drills
- FUN that PAYS OFF!!

Sterling's Team Speed
8170 S. University Blvd. Ste#190
Centennial, CO 80122
(303) 779-3640

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