



Volleyball Performance



Strength and Conditioning Program:

SPT has developed a comprehensive Strength and Conditioning Program tailored to competitive volleyball.

Volleyball Program Includes

- Confidence building
- Injury prevention
- Speed, agility, quickness
- Vertical jump training
- Basics of functional lifting

When:

Tuesday Dec 6th- Thursday March 16th

Times:

Classes are Tuesday, Wednesday and Thursday
6:30pm-7:30pm or 7:30pm-8:30pm

Cost:

\$1,000 per athlete + tax

First come first serve sign-ups.

No limitations on number of classes attended.

Exclusive offer to NW S Volleyball Club Athletes.

Locations:

EVERETT

Angel of the Winds Arena

2000 Hewitt Ave, Suite 115 Everett, WA 98201

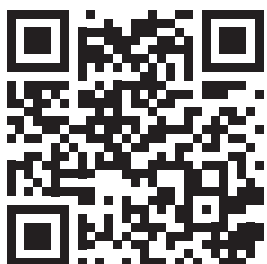
T: 425.252.3908 F: 425.252.7940

KIRKLAND

Houghton Village

10600 NE 68th St, Suite C Kirkland, WA 98033

T: 425.823.1389 F: 425.820.3996



Scan to
Book Your
Classes
Now!