



Volleyball Performance



nwjrselite

VOLLEYBALL CLUB

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:

\$1,100 per athlete (Tax is already included in price)
Pay Online: sptcenters.com/appointments/
Book your classes online: sptcenters.com NW JRS SAQ
First come first serve sign-ups. Small class size.
No limitations on number of classes attended.
Exclusive offer to NWJRS Volleyball Club Athletes.

Locations:

EVERETT

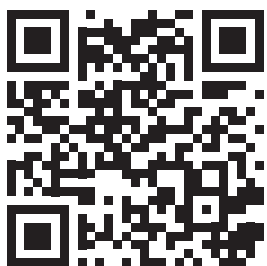
Angel of the Winds Arena

2000 Hewitt Ave, Suite 115 Everett, WA 98201
T: 425.252.3908

KIRKLAND

Houghton Village

10600 NE 68th St, Suite C Kirkland, WA 98033
T: 425.823.1389



Scan to Book
Your Classes
and Pay
Online Now!

*Payment in Full \$1100 required before booking class sessions

Contact: Morgan Roberts | E.morgan.roberts@sptcenters.com | P.425.252.3908