



ADVANCED CORE, STRENGTH, SPEED & AGILITY CLASS

This program is meant for upper level athletes of any sport looking to maintain or continue their progress in or out of season.

FEATURING • Vertical Jump Testing • Broad Jump • Ladder Drills • 5 Cone Drill • 30 sec Jumps • Shuttle Run • SKLZ Recoil • Box Jumps • Speed Work • Quick Feet Drills • Med Ball • Jawku Speed Sensor Testing

WHEN

Sundays – Jan. 27, and Feb. 3, 10, 17, and 24

4:30 – 5:30 pm – Girls Session

6:00 – 7:00 pm – Boys Session

Times will be adjusted earlier on Feb 3 to accommodate Superbowl

**WHERE
Jasper Sports Academy**

**9 South Clay Street
Jasper, IN 47546**

**HIGH SCHOOL &
ADVANCED
MIDDLE SCHOOL
ATHLETES**

**ADVANCE
REGISTRATION**

\$ 100 for 5 sessions

To Register :

Text : Chris at 812-661-0070

ADDITIONAL OPTIONS

Please contact Chris if you are interested in additional workout times during the week.

FUTURE SESSIONS

More session available in 2018/9– Please check our Website for additional dates
www.jaspersportsacademy.com