



PERFORMANCE PASS

ONE FREE GROUP CLASS SESSION ADMIT ONE

Family members & other spectators warmly welcomed

HOW IT WORKS

Our athletes build quickness, agility, strength and explosiveness using specialized equipment, scientific tracking and measuring tools.



WHAT TO EXPECT

This Performance Pass gives you access to a full session with our trainers. You'll learn techniques that will make you faster and in a better position to succeed the next time you step on the field or court.

Please arrive 15 minutes early and wear workout clothing & gym shoes.

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