

Speed to Win

Fitness Factory presents Speed to Win Athletic Based Training: Speed, Agility, and Explosive Power!! Behind the Speed to Win Program:

- Increase speed, agility, and power
- Prevent injury
- Comparative reporting on each athlete
- Sports specific curriculum (football, basketball, baseball, etc.)
- All the benefits of current speed, agility, and core training
- The difference is the speed station!!

How to get started:

- Discuss your options with one our certified Speed to Win trainers and choose our 8-, 10-, or 12-week session.

• Program based on your needs, timeframe, and scheduling.

- Pick up a contract from the front desk (if you are under 18 you must have an adult sign for you), and make a check payable to Fitness Factory.

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| 8-week session: | • Paid in full - 1 payment - total \$112.00 (\$7 per session) | • 2 payments - \$80.00 - total \$160 (\$10 per session) |
| | • By the session - \$14.00 - total \$224 | 10-week session: |
| | • Paid in full - 1 payment - total \$140.00 (\$7 per session) | • 2 payments - \$100 - total \$200 (\$10 per session) |
| | • By the session - \$14.00 - total \$280 | 12-week session: |
| | • Paid in full - 1 payment - total \$168.00 (\$7 per session) | • 2 payments - \$120.00 - total \$240.00 (\$10 per session) |
| | • By the session - \$14.00 - total \$336 | |

• Certified speed trainer Mark Stiller works with local athletes in our outside Speed To Win Sports Training Complex "It's not the will to win, but the will to prepare to win that makes the difference." -Paul "Bear" Bryant