



GET FIT

When: 1/13, 1/20

Where: Memphis Metro

Time: 4-5pm

Cost:\$10

If you are looking to improve your volleyball game... look no further! Come join us on Fridays for 1hr of volleyball specific skill, strength, and metabolic conditioning. Open to all ages.

This conditioning program will work to develop/improve: Endurance, Strength, Flexibility, Power, Speed, Agility, Coordination, and Accuracy

**To reserve your spot in the class please email me at coachjett@gmail.com
You may sign up for single or multiple sessions. CASH ONLY please-pay at the door
Instructor: Coach Sarah Jett –motivated people ONLY! ☺**

TRAIN.PAIN.GAIN.AGAIN