

**SINCE 2003**

**FAST**



**SPORTS PERFORMANCE TRAINING**



**PRESEASON  
STRENGTH AND CONDITIONING PROGRAM  
HORIZON VOLLEYBALL 2022**

**WWW.FAST-TRAINING.COM**

The FAST Sports Performance Program prepares athletes to get the most out of their bodies and workouts by improving speed, vertical jump, agility, core strength and building explosive power all while instructing athletes on ways to prevent injuries.

- Improve speed
- Increase strength
- Improve balance & mobility
- Build explosive power
- Increase vertical jump
- Injury Prevention

**WEEK 1**

July 18-21 | Monday, Tuesday & Thursday 4:00-5:00 P.M. **\$65**

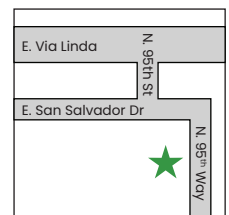
**WEEK 2**

July 25-28 | Monday, Tuesday & Thursday 4:00-5:00 P.M. **\$65**

**WEEK 3**

Aug. 1-4 | Monday, Tuesday & Thursday 4:00-5:00 P.M. **\$65**

Single session drop-in fee: **\$25.00**



**FAST | EAST SCOTTSDALE**  
9332 N. 95<sup>TH</sup> Way Suite #104  
Scottsdale, AZ 85258  
(480)948-8889

**Call FAST (480) 948-8889 to REGISTER TODAY!**