

**PRESENTING**



And

**DIAMOND STRENGTH TRAINING**

- \* **Functional Stretching and full body flexibility**
- \* **Agility and Acceleration enhancement**
- \* **Running & Speed Improvement**
- \* **Plyometrics**
- \* **Medicine Ball Training**
- \* **Overload and Underload Training**
- \* **at F.R.- Visual Mechanics for improved tracking and focus skills**
- \* **at F.R. - Showtime Training for relaxation and concentration**
- \* **at F.R. scheduled separately through Frozen Ropes**

**CLASSES STARTING FEBRUARY 18, 2008**

**Limited availability**

**Pick 2 Days**

**MONDAY – WEDNESDAY - FRIDAY**

**7:00 – 8:00 PM**

**6 week program – 12 sessions - \$420**

**8 week program – 16 sessions - \$520**

**10 week program – 20 sessions - \$600**

**call 516 – 794 - FAST to register**

645 STEWART AVE., GARDEN CITY, NY 11530

MAKE CHECKS PAYABLE TO: Professional Athletic Performance Center