

XPLODE™

SPORTS PERFORMANCE

The cutting edge training methodologies used by XPLODE™ performance coaches offer optimal performance for athletes at all levels.

Each session will focus on a Dynamic Warm Up, Acceleration, Agility, Top End Speed, Coordination, Balance, Power, Flexibility, Explosiveness, Plyometrics & Core Strength.

Training sessions are designed to benefit athletes of all sports. Come learn the performance training secrets of top high school, collegiate and professional athletes!



Pre-registration required.



Prices*

8 Sessions \$192.00 (F102)

12 Sessions- \$276.00 (F102B)

20 Sessions \$440.00 (F102C)

40 Sessions- \$840.00 (F102A)



XPLODE™ SPORTS PERFORMANCE - Registration Form

Payment must accompany registration form

Name: _____ Phone: _____ Age: _____

Address: _____ Trainer: _____

Specific Sport(s): _____ Parent Authorization: _____

Circle one: 8 Sessions F102 12 Sessions F102B 20 Sessions- F102C 40 Sessions F102A

Paid: \$ _____ plus tax

Non member Fee code GF1000 = \$7.50 x Session #

Payment (circle): Cash - Check - Credit Card - Club Account # _____

Prices are based on group training packages. There must be a minimum of 3 athletes per group.

***Non members must pay a fee of \$7.50 per session on top of package price. (GF1000)**

Please return to the front desk. For more information, contact **D. J. Güereca** at **943-8416**

Columbia Basin Racquet Club, 1776 Terminal Dr., Richland, WA 99354