



ACCELERATION LINO LAKES

Acceleration North has opened a new training facility inside of Complete Game Softball in Lino Lakes. We will be offering our speed treadmill training program and ground based agility and strength training 3 days a week. (No Hockey Treadmill)

Where is the Complete Game facility?

Complete game is located at:
474 Apollo Drive, Suite 10, Lino Lakes, MN 55014
just off of 35W and Hwy 23.

How do I sign up for the Lino Lakes Facility?

Purchase a package of sessions or a Speed Pass through our website OR stop by either location to purchase a program of your choice. These sessions will be valid for 4 months once they are started at the Lino Lakes facility.

What days and times are available to schedule?

- We will be open Monday, Tuesday, and Thursday evenings to start until we get busier.
- 3pm – 9pm on the hour
- We will offer running treadmill one hour and plyo agility the next hour each evening at Lino Lakes. You can see the schedule on our MINDBODY scheduler at www.accelerationnorth.com

PURCHASE SESSIONS:

Valid for 4 months once started.

6 Sessions: \$175

12 Sessions: \$325

18 Sessions: \$450

Group discounts and team training also available.

SPEED PASSES:

UNLIMITED TRAINING.

4 Weeks: \$350

8 Weeks: \$600 (\$300/month)

12 Weeks or more:

\$825 (\$275/month)

Sessions are non-transferable between locations.

How do I schedule sessions at Lino Lakes?

We have the online schedule set up for Mondays, Tuesdays and Thursdays.

You can call us at (651) 683-2682 or use the online scheduler on our website.

Make sure to choose the LINO LAKES facility when scheduling so we know where you want to train.

Please email Acceleration North owner, Curt Carbaugh, at curt@accelerationnorth.com with any questions.
You may also call Acceleration North at (651) 486-0020 with questions.

FREE PERFORMANCE EVALUATION FOR ANY NEW ATHLETE

Please call to schedule.

Acceleration Lino Lakes
651-683-2682

474 Apollo Drive, Suite 10
Lino Lakes, MN 55014

Acceleration North
651-486-0020

3808 Dunlap Street
Arden Hills, MN 55112

ACCELERATIONNORTH.COM