

BASKETBALL/VOLLEYBALL TRAINING

SPEED • POWER • VERTICAL

Acceleration North had over 200 basketball and volleyball players of all ages complete our off-season speed and vertical jump program last summer and fall. Join our program and learn how to sprint, jump, strength train, and become quicker! Our program guarantees results, and all athletes will be pre and post tested to track improvements.

OUR WORKOUTS FOCUS ON:

INCLINE SPRINTING/MECHANICS • BACKPEDALING/SHUFFLING MECHANICS • VERTIMAX AND PLYO-PRESS
TRAINING AGE APPROPRIATE GROUND-BASED TRAINING • STRENGTH, POWER, AND CORE TRAINING

**Up to 3 Workouts/Week • 8 Consecutive Weeks
That's up to 24 workouts – April through October**

SIGN UP BY APRIL 30TH AND SAVE!

\$295
REGULAR PRICE \$450

AFTER APRIL 30TH - \$325

Please make appointments on the hour.
Spring Hours: M-F 2pm-10pm, Sat. 9am-1pm
Summer Hours: M-F 9am-9pm, Sat. 9am-2pm

FIRST COME. FIRST SERVED! REGISTER TODAY!

accelerationnorth.com



Questions? Contact us:

651.486.0020

curt@accelerationnorth.com

3808 Dunlap St. N • Arden Hills, MN

