

PRIVATE TRAINING ZONE

Now Offering

<http://coppellsportsconditioning.blogspot.com/>
WWW.PRIVATETRAININGZONE.COM

Speed & Strength Camp 2014

PTZ welcomes Chad Pennington & Turbulence!

Football, Basketball, Baseball, Softball, Soccer, Hockey, Wrestling,
Track & Field, Tennis, La Crosse

Objective:

**These unique protocols will improve overall athletic performance
and specifically target improvements in...**

Neuromuscular Coordination, Acceleration and Sprint Speed, Agility and Balance
Reaction and quickness, Strength and Stamina

Athletes will be divided up based on age and ability

Where: Private Training Zone

680 N Denton Tap Rd/ Ste 400

Coppell, TX 75019

(SE corner of 121 & Denton Tap Rd)

Workout Days/ Times: M - Th 9:00-10:15am

Space Limited: 20 athletes

Instructor Ratio of 1:8

Phase I June 9th – June 30th \$325.00

Phase II July 7th - July 31th \$400.00

Phase III August TBA

Both Camps \$675.00 (pif discount)

All current PTZ clients receive 15% off!

Punch Card Drop in Rate is \$32 (8 Session Minimum) \$256

Name _____

Address _____

Phone _____

E-Mail _____

Contact: Johnny Roberson or Stephen Roberson for more info:

214-316-4952

privatetrainingzone@gmail.com