



VISTA ATHLETICS

PERFORMANCE TRAINING

TUESDAY/THURSDAY 4:00P-5:00P

- PERFORMANCE TESTING
- INJURY PREVENTION
- SPEED
- POWER
- QUICKNESS
- CHANGE OF DIRECTION
- AGILITY
- SPORT SPECIFIC

CONTACT COACH ROBERT GRAY TO REGISTER

EMAIL: VPSCROBERT@GMAIL.COM

CALL/TEXT: 916-346-6286

****ADDITIONAL CLASS TIMES WILL BE ADDED BASED ON INTEREST. PLEASE LET US KNOW IF THERE IS A CLASS TIME YOU WOULD LIKE TO SEE ADDED TO THE SCHEDULE**