



SPORTS PERFORMANCE TRAINING

READY TO TAKE YOUR GAME TO THE NEXT LEVEL?

MONDAY, 12/23 & 12/30



9AM - STRENGTH
10AM - SPEED
11AM - CORE

\$15 PER SESSION
5 ATHLETES MINIMUM
10 ATHLETES MAXIMUM

TRAINING IS OVERSEEN BY THE DIRECTOR OF STRENGTH & CONDITIONING FOR VERO ELITE VOLLEYBALL ACADEMY, SETH GREGORICH, CSCS, RSCC. SETH HOLDS A B.S. IN HEALTH & HUMAN PERFORMANCE WITH A MINOR IN COACHING & IS A MEMBER OF THE NSCA.

SIGN UP AT THE FRONT DESK

1060 6TH AVE, VB, FL 32960 | 772.567.1400 | VEROFITNESS.FIT