

Breakthrough Soccer Training



Separate yourself from the pack!
Increase Quickness Power Speed

Every Tuesday 3:30-4:30pm

Ages 12 and up All Skill Levels

On Field Results After One Session

Kettle Bells, Sleds, Battle Ropes, Body Weight

Trainer: Bryan Janzen 755-8719

Janzen4@gmail.com

Cost \$15/session



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