



BASKETBALL PERFORMANCE TRAINING



SIGN UP NOW LADIES

ANCHOREDFEMALE.COM

WHAT TO EXPECT

- ➔ Increased Strength
- ➔ Build confidence and power
- ➔ Cardiovascular training
- ➔ Increased basketball-specific skills
- ➔ Sports nutrition training
- ➔ Speed, Quickness & Agility



SEPTEMBER 6TH - OCTOBER 27

Wednesdays 4:30-5:30 pm
Strength/speed/agility

Thursdays: 4:45-5:45 pm
Basketball Specific Development

Every other Friday (starting 9/8) 4:45-5:45 pm
Strength/speed/agility

VELOCITY CLUB HOUSE

📍 5100 Heffron St,
Stevens Point, WI

\$5/Session or \$80 paid in full
☎ 715.254.0505

