



## *Volleyball Specific Training*

**INCREASE VERTICAL, MAXIMIZE YOUR SPEED, AGILITY AND QUICKNESS, PREVENT INJURIES, AND GET THE EDGE ON THE COMPETITION!**

### *Details...*

Session 1:

Tuesday at HCC 7-8pm (Jan 24 & 31 Feb 7, 14, 21, 28)

Cost:

\$20 per session (checks made out to TUVA)

Staff:

Michelle Young

Certified Strength and Conditioning Sports coach

Volleyball Conditioning Specialist

Certified Sports Nutritionist

Registration:

Email [Nitta@tampaunitedvolleyball.com](mailto:Nitta@tampaunitedvolleyball.com)

Class size:

Max 12 registered

(walk-up on first come first served basis)

Package Pricing:

6 sessions for \$100



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*... Training The Tampa United Way*