

# VALHALLA

HEALTH & FITNESS CLUB

## SAST

### SPEED, AGILITY, & STRENGTH TRAINING PROGRAM

Designed for athletes to improve or maintain athletic performance.

Results oriented to focus and improve any of the following:

- ACCELERATION, DECELERATION, AND DYNAMIC STABILIZATION OF THE ENTIRE BODY DURING HIGHER-VELOCITY MOVEMENTS IN ALL PLANES OF MOTION
- RESPONSE OR REACTION TIME, AND ENHANCE THE MUSCULAR RECRUITMENT
- CARDIOVASCULAR EFFICIENCY
- PERFORMANCE STRENGTH, POWER, AND ENDURANCE
- SPORTS NUTRITION COUNSELING, PHYSICAL/MASSAGE THERAPY ALSO AVAILABLE

### CLASSES AVAILABLE AT VALHALLA:

**Mondays 8:00pm - 9:00pm**

**Wednesdays 8:30pm - 9:30pm**

**Fridays 7:00pm - 8:00pm**

**Fridays 8:00pm - 9:00pm**

*Open for athletes  
in  
Middle School  
and above*

**\$10.00 per participant, per class (non-Valhalla member)**

**\$8.00 per participant, per class (Valhalla member)**

**For more information, or to sign up**

Please contact  
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