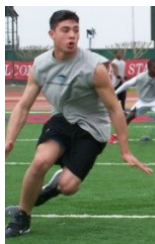




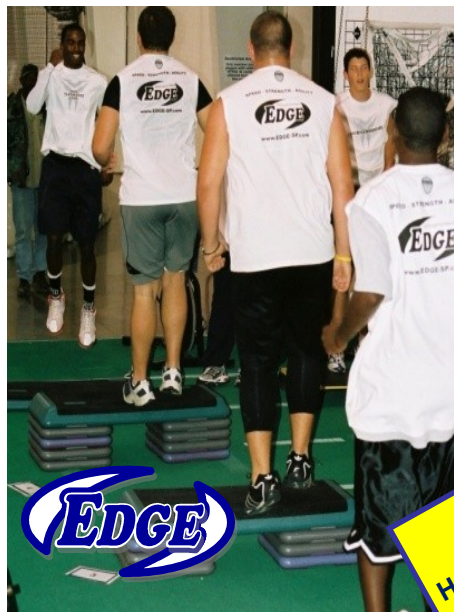
Feel the Need for ...

Speed!



Open to all athletes, all sports, year-round!

Sport-specific training to improve performance and help prevent injuries



To gain **SPEED**,
you must improve your:

- Technique
- Strength
- Flexibility
- Conditioning
- Nutrition



Performance Class: Small group training (up to 12 ath.'s) / Evening & weekend classes
(10 sessions = \$165 / 1-month unlimited = \$200)

1-on-1 Coaching: Private training to work on individual needs (30 and 60 min. classes available)
(10 sessions = \$550)

Team Mates: 2-4 athletes per class / Semi-private detailed training (30 and 60 min. classes available)
(10 sessions = \$300)

Team package: Sports-specific workout tailored to your team goals
6-11 ath.'s (4-12 sessions = \$60-\$156/ath.) / 12+ ath.'s (4-12 sessions = \$50-\$120/ath.)

* Sessions subject to available times • Nutritional guidance • Refer a friend and receive \$15 off (No limit!) • Pre- and Post- testing

Denny Bonewitz
(Speed / Strength Coach)

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