

Ages 14 and older (*members only*)

PAVILION
January-February 2012

VERTICAL JUMP TRAINING

Watch your explosive power soar to new heights.

Increase your vertical jump performance significantly for any sport. Using a combination of resistance training, core conditioning, and plyometrics, you'll increase your strength, speed, power, and reduce injury as you train your body to jump higher consistently and with greater ease.

Tuesdays, 6:15-7:15 p.m.

~~January 17 - February 28, \$70 (M)~~
Program Code: 571110

Sign up today at the Concierge Desk, call (425) 885-5566, or enroll online (see online enrollment information below). For more information, please e-mail: pavilion@proclub.com. For a complete list of coaches, please visit www.proclub.com. Key: (M)=Member

ENROLL ONLINE

Please log onto proclub.com with your user ID and then use the following URL link to register:
www.proclub.com/onlineclassregistration.

**Includes
new
Vertimax
training.**

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Sports Club

Updated: 1/17/2012