



SPORTS TRAINING & WELLNESS CENTER
"WE BUILD ELITE ATHLETES"

ATHLETIC PERFORMANCE SMALL GROUP TRAINING



***DEVELOP SPEED, POWER,
AND ENDURANCE.***

***Certified Trainers dedicated
to the success of student
athletes.***

***MONDAY- THURSDAY
5:30PM -6:30PM***

***DEVELOPING ATHLETES
-MIDDLE SCHOOL-***

h7sportstraining@gmail.com



STUDENT ATHLETE SUCCESS

» *Don't Just Dream it,
Go Get it*

ATHLETIC PERFORMANCE TRAINING

*Private and
Semi-Private
Training*

*Specialty Training:
Vertical Jump and
Speed Development*



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ATHLETIC PERFORMANCE SMALL GROUP TRAINING

*Competitive Level
-High School-*

*Developing Athletes
-Middle School-*



WORKOUT
WORKOUT
WORKOUT

**ADULT
FITNESS
PROGRAMS**

» **POWERFIT BOOTCAMP**
» **GYM MEMBERSHIP**
» **PERSONAL TRAINING**
» **FUNCTIONAL STRENGTH**



H1
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JOIN TODAY

