

VOLLEYBALL STRENGTH SEMINAR

HOSTED BY CROSSFIT
PETROGLYPH

WHEN: 12:30 - 2:30 PM 03/27 & 04/02

WHERE: 9101 HIGH ASSETS WAY NW,
ALBUQUERQUE, NM 8712

SKILLS:

- PLYOMETRICS EXERCISES
- FOUNDATIONAL
STRENGTH BUILDING
- AGILITIES TRAINING

- SINGLE ATHLETE: \$90/DAY
- 2 ATHLETES: \$75/DAY
- 3-5 ATHLETES: \$65/DAY
- 6+ ATHLETES: \$50/DAY

*PAYMENT DUE /SIGN UP BY 03/25

*PRICE IS PER ATHLETE



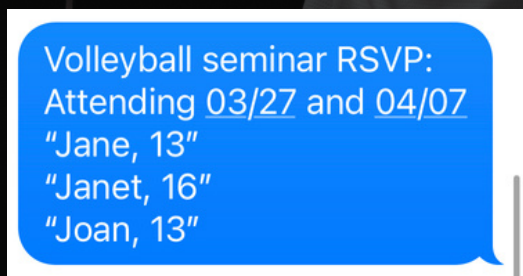
VOLLEYBALL STRENGTH SEMINAR

HOW TO SIGN UP:

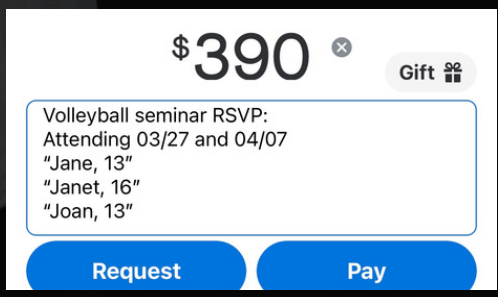
1. USE THE LINK HERE → TO RESERVE YOUR SPOT!
2. CONTACT COACH JAKE AT CROSSFIT PETROGLYPH VIA 505-720-9491 AND RSVP WITH THE DAYS ATTENDING, AGE(S), AND FULL NAME(S) OF THE ATHLETE(S) WHO WILL BE ATTENDING.
3. VENMO/APPLE PAY FULL PAYMENT, RESTATING ATHLETES WHO WILL BE ATTENDING IN THE DESCRIPTION/TEXT, **BY 03/25.**



STEP 2:



STEP 3:



*PRICE REFLECTS 3 ATHLETES FOR 2 DAYS

