



Contact Jason Jones for group/team workouts. They will start June 3rd. Prices vary by number of athletes and amount of sessions.
Phone: 504-416-7397
Email: jap.jones@yahoo.com

PLEASE REGISTER BY
APRIL 19,2019

ATHLETES TRAIN
WITH ATHLETES

“ALL MEN ARE
CREATED EQUAL
SOME WORK HARDER
IN THE PRE-SEASON”

-EMMIT SMITH

SPEED, POWER &
AGILITY TRAINING

