



**CUT THE QUIT
SPEED, POWER, AND AGILITY
TRAINING (AGES 7 AND UP)
ATHLETES TRAIN WITH
ATHLETES**

JASON JONES

FORMER IDAHO STATE FOOTBALL PLAYER.

5 YEARS OF PROFESSIONAL ARENA FOOTBALL.

20 YEARS OF PLAYING EXPERIENCE

60-70 MINS LONG

\$25 PER SESSION FOR ONE ON ONE TRAINING

CONTACT FOR SMALL GROUP RATE (4-6)

BECOME FASTER

MORE EXPLOSIVE

**DIRECTION AND ACCELERATION
ENHANCEMENT**

CONTACT

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