

Champions never stop training...

RIO VISTA FC OFF SEASON TRAINING

DECEMBER 5 - JANUARY 13

Athletes train twice a week. These times are for RIO Vista Players only to mold as a team.

Ages 7 - 10 Monday & Wednesday at 6pm
Ages 11 - 14 Tuesdays & Thursdays at 6pm
Ages 15+ Monday & Wednesday at 4pm

Unlimited training is available for only \$110 per month for 6-months. Offer is only good when you sign up during the open house on November 16.

1-ON-1 PERFORMANCE COACHING

Custom Speed/Nutritional Programs

\$480 - 8 sessions twice a week for 4 weeks
\$696 - 12 sessions twice a week for 6 weeks
\$880 - 16 sessions twice a week for 8 weeks
\$1,248 - 24 sessions twice a week for 12 weeks

Session times are tailored to athletes/parents schedule

PARISI SPEED SCHOOL OPEN HOUSE NOVEMBER 16 AT 6:30PM
Parisi Speed School at Defined Fitness - 3301 Juan Tabo NE

If you are unable to attend but are interested in signing up, please contact Parisi Coach Mike at 563.340.4908 or mshields@defined.com.



PARISI[™]
SPEED SCHOOL



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