

NEXT SEASON STARTS NOW.



ASHBURN

20099 Ashbrook Place, Suite 190
Ashburn, VA 20147
p: 571.223.0055
e: ashburn@powertrainsi.com
www.powertrainsports.com

**POWER
TRAIN** 

#ThisIsYourGo™

VOLLEYBALL STRENGTH & SPEED DEVELOPMENT CLINIC



JUMP HIGHER FASTER

**Thursday, March 17th
from 7:00-8:00pm**

Join Power Train™ coaches to
learn how to:

- Improve vertical ability
- Increase lower body strength
- Minimize ground contact
- Prevent common overuse injuries

RSVP to james@powertrainsi.com by March 16th

