

NHAP IS PROUD TO PRESENT:

Speed and Agility Training

NHAP delivers professional coaching in a highly motivating and energetic environment!



NHAP

**Our goal is to simply make *you* faster...
Something *all* athletes need!!**

We will come to your school or facility to train up to 50 athletes at a time.

Training will be focused on:

- **Linear and Lateral Speed**
- **Jump Training**
- **Mobility and Flexibility**

Sign Up **TODAY** For a Training Program Like No Other!

\$79 per month per athlete



Contact Michael Bistany

603-785-1514

efxfitness@yahoo.com

“We Make Fast **Faster!!**”

Place: _____ Date: _____ Time: _____