



Training for Fitness Excellence!

With Laverne Jones-Ferrette OLY a four time Olympian and 6th fastest of all time in the 60m dash!
Starting December 1, 2018 and every Saturday through February 9, 2019
Open to all boys/girls 5-8th grade, Alumni, and parents

Goals for StJPII athletes training for Spring Sports: improve running mechanics, speed/agility development, body strength development, injury prevention, core strengthening, and flexibility drills for before and after exercise. This will help athletes run faster, jump higher, swing efficiently, and become stronger for all their respective sports

Location: StJPII pavilion and soccer field.
 NO classes December 22 and 29
 PLEASE email me when you will attend practice(s) so I may plan my practice training sessions accordingly.

Goals for adults in the program: the program will make you stronger, balanced, burn fat, and strengthen your body!!

Family Package deal for 9 weeks: \$360
 20% discount
 \$25 per person weekly or /Package for 13 weeks: \$260 20%discount
 Payment accepted through Zelle, check, or cash.
 If you have any questions please contact Coach Jones OLY at laverne_j@sbcglobal.net or 405-532-9099.

