



# Volleyball



As athletes grow and mature it is important to balance their in-season training with a solid off-season program. MPF brings over 20 years of experience training athletes from youth to the professional level. We utilize sound, sport-specific training methodologies. Go beyond routine performance; MPF will train you to be a champion!

## Contact Info

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Maximum Performance & Fitness 465 32<sup>nd</sup> Ave E. West Fargo, ND

**\$99/mo.** If signing up for both Session 1 AND 2

## SESSION 1

*Dec 3rd – Dec 20<sup>th</sup>*

*Jan 7th- Feb 28th*

**Monday, Tuesday & Thursday** (33 sessions)

**High School**

4:15 – 5:15 PM

**Middle School**

5:15 – 6:15 PM

**Mixed Group**

6:45 – 7:45 PM

**\$139/mo. (3 months)**

## SESSION 2

*March 4<sup>th</sup> – May 23<sup>rd</sup>*

**Tuesday & Thursday** (22 sessions)

**High School**

4:15 – 5:15 PM

**Middle School**

5:15 – 6:15 PM

**Mixed Group**

6:45 – 7:45 PM

**\$99/mo. (3 months)**

 [www.facebook.com/MPFit1](https://www.facebook.com/MPFit1)

 Instagram: MPFit1

 Twitter: @MELTFargo