



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

Brad Nordstrom

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Call: 701-353-5000

Maximum Performance & Fitness 465 32nd Ave E. West Fargo, ND

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

SESSION 1

Dec 3rd – Dec 20th

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 4th – May 23rd

Tuesday & Thursday (22 sessions)

High School

3:45 – 4:45 PM

Middle School

4:45 – 5:45 PM

Mixed Group

5:15 – 6:15 PM

\$99/mo. (3 months)

 www.facebook.com/MPFit1

 Instagram: MPFit1

 Twitter: @MELTFargo