



PROACTIVE ATHLETE™

Use your Sparta Science testing results to guide your strength training for the next 4 weeks! PROACTIVE ATHLETE is offering classes at RoundTripper Sports Academy geared specifically to your Sparta results.

<u>Class Schedule</u>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Load \$60	4:30 PM or 7:30 PM	6:30 PM	5:30 PM	4:30 PM or 7:30 PM	-	11:00AM or 2:00 PM
Explode \$60	5:30 PM	4:30 PM or 7:30 PM	6:30 PM	5:30 PM	4:30 PM	9:00 AM or 12 PM
Drive \$60	6:30 PM	5:30 PM	4:30 PM or 7:30 PM	6:30 PM	5:30 PM	10:00 AM or 1:00 PM



Class sessions start this Monday, February 12th! The 6 person classes will meet once a week for 45 minutes with PROACTIVE ATHLETE owner and trainer Jed Pence.

The class includes a second SPARTA test after 4 weeks of class!

Call RoundTripper at 317-896-2900 or sign up via your RoundTripper account!