



WE TRAIN THE CHAMPIONS OF TOMORROW



SUMMER FAST TWITCH TRAINING SESSIONS ANNOUNCED!

**Register by June 1st and receive \$20 off.
Call 469-487-6393 today!**

Mark your calendars now for this summer's Fast Twitch training sessions. All Fast Twitch training will be held on Mondays, Wednesdays and Fridays in 3 week sessions. Each session is \$299.

3 WEEK SESSIONS

June 8 - June 26

June 29 – July 17

July 20 – August 7

There will also be one 2 week session in late August for the price of \$199.

2 WEEK SESSION

August 10 – August 21

WHAT ABOUT SPECIAL CAMPS, CLINICS, OR ON-SITE PRESENTATIONS?

Fast Twitch does host several sports clinics and camps throughout the year, although most are in the summer time.

Football conditioning, football skills, and basketball camps run during the summer, while baseball clinics are hosted in the fall and spring.

All of our camps incorporate professional athletes as part of the coaching staff. Trainers will make on-site presentations to athletic departments at middle and high schools. Call us and we would be happy to set that up!

TO REGISTER:
Call 469-487-6393



FAST TWITCH

specializing in
STRENGTH TRAINING
CONDITIONING
MUSCLE TONING

COOPER CERTIFIED
PERSONAL TRAINER

JOHANN HUBERT



SUMMER TRAINING CAMPS
2 & 3 WEEK SESSIONS STARTING
JUNE 8 - AUG 21

469-487-6393 **PRE-REGISTER TODAY** **FAST TWITCH**