

# SPRING BREAK OUT CAMP

## ALL-SPORT PERFORMANCE CAMP

MARCH 13TH - MARCH 17TH  
10AM - 12PM

**LIMITED SPACE AVAILABLE**  
SAVE YOUR SPOT TODAY

**NON-MEMBERS**

**\$79.00**

INCLUDES SEMINAR SATURDAY,  
REDLINE TEE AND SPORTS PACK

### SEMINAR SATURDAY

MARCH 18TH 10AM - 12PM

SEMINARS WILL INCLUDE  
60 MINUTE BREAK OUT  
SESSIONS ON FITNESS  
NUTRITION FOR ATHLETES,  
FEMALE ATHLETES IN SPORT  
AND FITNESS, HIGH SCHOOL  
AND COLLEGE READINESS FOR  
THE SERIOUS ATHLETE.

**CALL NOW: (832) 642-5058**

**MEMBERS**

**\$49.00**

INCLUDES SEMINAR SATURDAY

DISCOUNTS FOR GROUPS SIGNING  
UP FIVE PLUS ATHLETES AT ONCE