

FOOTBALL RELATED PROGRAM

GREAT VALUE FOR MONEY
\$10.00 / SESSION

Specific Strength, Speed & Conditioning Program

WHERE: St John Anglican College

Primary campus oval -

Alpine Place Forest Lake

WHEN: from Thursday 14 September

Approx. 4.45pm start

Continues every Tuesday & Thursday until Christmas

Contact for more details:

Walter Oldenburg (0421222732)

Waltero1@bigpond.com

OPTIMIZE

- YOUR PERCEPTUAL SKILLS
 - YOUR REACTION / EXPLOSIVE & COMPLEX SPEED
- AND
- YOUR QUALITY MOVEMENT & AWARENESS

