



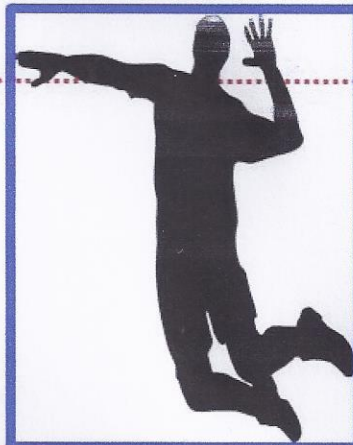


Atlantic Valley Volleyball Club, in conjunction with the **Parisi Speed School of Edison**, will be offering volleyball training:

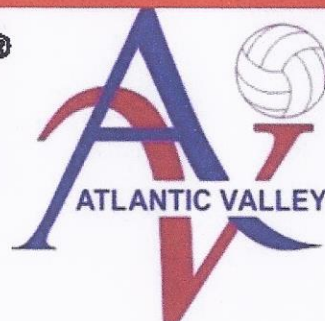
-  Help jump higher and hit the ball harder
-  Increase speed and agility
-  Improve vertical jump
-  Improve speed and explosive first step



10 Team Training Sessions \$150
Drop-Ins \$20 Per Session

Start Date: June 21st at 6 PM

 **PARISI**®
SPEED SCHOOL at East Coast Conditioning



Call: (908) 789-0882

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