



Volleyball Performance



Strength and Conditioning Program:

SPT has developed a comprehensive Strength and Conditioning Program tailored to competitive volleyball.

Volleyball Program Includes

- Confidence building
- Injury prevention
- Speed, agility, quickness
- Vertical jump training
- Basics of functional lifting

Price:

\$50 Per Session (Tax Included)

10-19 session bundle offers 10% Off

20+ session bundles offers 20% off

Limited Availability - Don't Wait!

No limitations on classes attended once enrolled.

Locations:

BELLEVUE

110 Atrium

110 110th Ave NE, Suite 110 Bellevue, WA 98004

T: 425.628.2072 F: 425.341.9056

EVERETT

Angel of the Winds Arena

2000 Hewitt Ave, Suite 115 Everett, WA 98201

T: 425.252.3908 F: 425.252.7940

FACTORIA/EASTGATE

Ford Sports Performance

13425 SE 30th St. #2C Bellevue, WA 98005

T: 425.800.4488 F: 425.201.2380

KIRKLAND

Houghton Village

10600 NE 68th St, Suite C Kirkland, WA 98033

T: 425.823.1389 F: 425.820.3996

LAKE STEVENS

Team Fitness

1109 Frontier Circle E, Suite B Lake Steven, WA 98258

T: 425-609-8075 F: 425-947-5928

FERNDALE

5519 Hovander Rd Ste A

Ferndale, WA 98248

Contact: Morgan Roberts | E. morgan.roberts@sptcenters.com | P.425.252.3908