



PERFORMANCE ONE

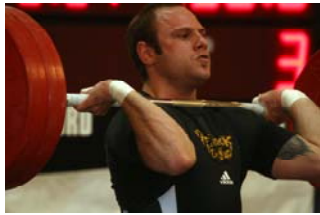
ADVANCED SPORTS TRAINING



www.performanceone.net

The leader in Explosive Strength Training!

Discount Offer



The New Year is upon us and I would like to take the time to tell you about some of the new services that **Performance One** has to offer. We are now offering a new group class called **ACP, Athletic Conditioning Preparation**. ACP is a mixture of Strength Lifts, Bodyweight exercises, Kettle Bell movements, and Plyometric exercises all performed in an interval fashion under a specified time. Individuals can expect to lose weight, gain endurance, and push yourself beyond your know limits. Classes start on January 1st and run twice in the mornings and twice in the evenings. Call for class schedules or check on our website.

Olympic Weightlifting is always been a main stay of our program. Learn from Arizona's most decorated US International Coach in the sport of Weightlifting. Classes offered throughout the day.

Our **Sports Performance Training** is guaranteed to get you into the game for next season. Through our proven strength and conditioning program our athletes have earned Division I scholarships to some of the top schools in the nation. If you trying to earn a college scholarship, want to go from sitting the bench to starting, or take your skills to the next level then Performance One is for you.

If you are a **Strength Athlete** looking to compete or someone looking for a change to your existing training program then let the coaching staff at Performance One help develop the right program for you. Don't waste time with useless training programs. Call us today and talk with one of our highly qualified coaches.



Specializing in:
Strength and Conditioning
Speed and Agility
Explosive Power Development
Group Fitness (ACP)
Weight loss
Advanced Flexibility Therapy
Nutritional Counseling
Exercise Therapy

Football
Basketball
Wrestling
Baseball
Softball
Volleyball
Soccer
Track & Field

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If you love a challenge then join Team Arizona Weightlifting

Make an appointment to come in Today!



**When you sign up for one of Performance One's Training packages you will receive an additional one week free of training.*



1 Week Free

COME DOWN AND TRY OUR VALLEY LEADING STRENGTH AND CONDITIONING PROGRAM

WWW.PERFORMANCEONE.NET

480-813-5477



Expiration Date: 1/31/09