



Prices as low as \$120/month  
**Promotion**  
 for unlimited training

POWER  
 STRENGTH  
 AGILITY  
 MOBILITY  
 SPEED  
 INJURY PREVENTION

## MASTER YOUR BODY

### ABOUT OUR DIRECTOR

**LENNY TAYLOR - DIRECTOR OF NEO SPORTS PERFORMANCE**

- Masters of Education in Exercise Science
- CSCS & FMS Level 2 Certifications
- Experience training athletes at all ages 8-30 yrs old
- Experience training athletes in sports: Football, Figure Skating, LAX, Soccer, Baseball, Volleyball, Basketball, Track and Wrestling
- Has assisted over 50 athletes receive athletic scholarships

### SESSIONS

**SPEED TRAINING**

Form Running, Linear Mechanics and Plyometric Training

**AGILITY TRAINING**

Stability, Balance, Body Awareness and Lateral Movement Training

**LIFTING & FUNCTIONAL MOVEMENT TRAINING**

Core, Functional Movement, Strength and Power Training

### SCHEDULE & CATEGORIES

Young Athletes ~ 8-12 yrs old    Beginner ~ 12-16 yrs old  
 Advanced ~ 14-19 yrs old

Time	Monday	Time	Tuesday	Time	Wednesday	Time	Thursday	Time	Friday
4:30	Beginner Agility	4:30	Beginner Speed	4:30	Beginner Agility	4:30	Beginner Speed	4:30	Beginner Agility
5:30	Advanced Agility	5:30	Advanced Speed	5:30	Advanced Agility	5:30	Advanced Speed	5:30	Advanced Agility
6:00	Beginner Speed	6:00	Beginner Speed	6:00	Beginner Speed	6:00	Beginner Speed		<b>Saturday</b>
6:30	Young Athlete	6:30	Young Athlete	6:30	Young Athlete	6:30	Young Athlete	10:30	Beginner Speed
								11:00	Advanced Speed
								12:00	Young Athlete



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