

NO LIMITS

JUMP TRAINING

FRIDAYS
4-5 PM

This class is designed to:

- Improve vertical jump
- Improve efficiency through the creation of solid strength foundation
- Improve stabilization
- Reduce risk of injury when jumping
- Special event training



Viktoriia Sadokhina

Certified Personal Trainer NCCA

Former ASU & OSU student/athlete

2x BIG 12 Champion & NCAA Championship Finalist



\$10 Drop In