

OPEN UP SPORTS: *MOVEMENT IS EVERYTHING!*

With **Open Up Sports**, you will increase:

- Speed
- Explosion
- Transitional Movement
- Quick Twitch Muscles
- First Step Explosion
- Increase Speed Endurance
- Coordination
- Injury Prevention
- And most importantly, learn how to run!

Payment Options:

- Prepayment for first 8 workout sessions: \$360
- Pay as you go rate: \$60.00 per workout
- 4 Workout sessions: \$230.00
- 8 Workout sessions: \$360.00
- * Discounted sibling rates to be discussed
 - Payments accepted via Zelle or cash

Workouts are scheduled by appointment only.

Please arrive to every workout session with water, cleats and workout shoes

(All workout payments are final. No refunds)

***Open Up Sports* core mission is to provide a safe and motivating environment to train clients to become better athletes and team players.**

For more information, please contact:

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