

INCREASE VERTICAL LESSON



Reach over 10 feet! Increasing your vertical takes far more work and programming than simply performing box jumps and squat jumps. A nationally certified personal trainer will work with you on the three components that directly affect your vertical reach - Central Nervous System, Explosive Power, and Strength. All lessons will be held at the Top Flight Athletic Center 2739 Alft Lane Elgin IL 60124

CLASS DETAILS

1. Proper Jumping Techniques
2. Proper Landing Mechanics
3. Fast Twitch Fiber Development

Registration is required by using our on-line registration system.

Program start dates and times may change depending on the amount of registrations.

REGISTRATION & QUESTIONS

[CLICK HERE TO REGISTER FOR A CLASS](#)

We do not offer prorated amounts for classes, camps or leagues. There are NO refunds given once a class has begun.

All questions can be directed to the following staff members:

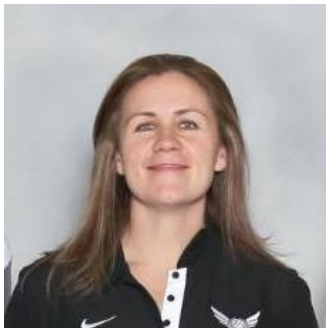


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