



ROAD TO THE P



FEMALE ATHLETIC SPORTS TRAINING

*Helping tomorrow's athlete
train today.*

Strength & Conditioning Training for Female Athletes

- upper body strength
- leg power
- cutting
- speed and acceleration

improve performance & reduce injury

Tuesdays & Thursdays: 4:00 - 5:15 pm | \$10 per class



**PERFORMANCE FITNESS
FOR ATHLETES**

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