



## Fall/Winter Plyometrics Academy

Make the best of your off-season months  
with Rijo Athletics Fall/Winter Plyometrics Academy!

10/18/11 - 2/23/12

### Information

#### Ages 9 -13:

Date: 10/18/11 - 2/23/12  
Tuesdays & Thursdays

Time: 5PM - 6PM  
Cost: \$200.99/month  
(\$125.99 for October)

#### Ages 14 and Up:

(Ask about our Fall/Winter  
Conditioning Academy!)

All payments received are  
**NON-REFUNDABLE and**  
**NON-TRANSFERRABLE.**

Make the best of your off-season months with our Fall/Winter Plyometrics Academy! You'll get dramatically stronger and faster without the use of weights but by incorporating a variety of the most effective drills, including rope drills, ladder drills and dot drills. Plyometrics is a specialized type of exercise that uses explosive muscle movement to actually produce more power.

Rijo Athletics Plyometrics Academy promises to increase your strength and speed & agility. Your training will include a lively variety of the most effective drills - including rope drills, ladder drills and dot drills.

What's really exciting is that you'll learn how to incorporate new techniques into your future workouts. You'll leave this academy with the knowledge and training you need to *continue* to improve your strength and speed & agility – so your success won't end when classes do!

Our Winter Plyometrics Academy is developed and run by our experienced Rijo staff members to ensure you'll achieve dramatic results. *All Rijo staff members are Certified Personal Trainers and accredited through the National Academy for Health & Fitness.*

Individual training is available anytime year-round.

## Rijo Sports Performance

22620 State Route 9 SE  
Woodinville, WA 98072

**(425) 486-4878**

Questions:  
Email: [Info@RijoAthletics.com](mailto:Info@RijoAthletics.com)