



2017 SUMMER TRAINING SPECIAL

Sessions will focus on the development of strength, power, speed and agility through individualized programming and supervision by our team of strength and conditioning specialists

Option 1 : May 15th – August 31st. \$350 Unlimited sessions

Option 2 : July 1st – August 31st. \$250 Unlimited sessions

Train this summer with the official strength and conditioning coaches of Utica College Athletics. We are the area's only strength and conditioning team trusted by UC athletics, Local professional athletes, Olympians and high school athletes throughout CNY.

1705 Burrstone Rd New Hartford, NY

M-F 9a-12p, 3-7p
Sat 9a-12p

www.spiutica.com