

Explosive Sports Performance Summer Special

Make this the summer of **Unleashing Your Potential!**



Explosive Sports Performance (EXSP) has excelled in developing the skills of athletes since February 2002. We are an organization focused on empowering athletes of all ages to **Unleash Their Potential.**

Our area of expertise is training athletes to improve their overall physical and mental performance.

Our proven techniques make each individual more *explosive, powerful, faster* and *quicker*.

We provide individualized programs designed for each athlete to help them identify and work on their weaknesses and improve their strengths, as well as their overall conditioning and fitness level.

Plus, at **EXSP**, we always have a trainer onsite to help instruct each athlete do each and every exercise correctly. We believe in teaching proper technique to mitigate and prevent injuries.

We offer programs designed for athletes ages 7 and up.

We also have a variety of programs available for adults.

Don't just drop off your kids or sit and wait for them - Come and work out as a family!

EXSP is offering two special rates for the summer.

Get either 9 weeks or 11 weeks of training at an unbeatable price.

Summer Memberships:

June 10th – August 10th - \$105

June 10th – August 24th - \$139

Get involved and get healthier today!

*Sign up before May 31st and receive an **EXSP** T-shirt!!*

For more information contact Dave at 717-571-1262 or 717-571-4776, or via e-mail at exsp@verizon.net