

DEVELOP YOUR JUMP AND CORE TRAINING
WITH NEW
PLYOCITY CORE!!!



This program is used by 2-time Gold Medalists
MISTY MAY AND KERRI WALSH
and is available through Heat and run by David Carstenson

TUES/THURS 4:00 - 5:00PM
@The Athletic House

COST IS 50.00 PER MONTH PRE-PAID

For more information, contact David Carstenson
Office: 727.397.5677 Cell: 727.639.3905 email: dcars@verizon.net

To register, contact Donna Collins at heatcollins@gmail.com