

**Rhymer Fitness Athletic Training Systems**  
**SPEED/AGILITY/JUMP AND**  
**STRENGTH TRAINING**



**Schedule beginning October 19:**

<b>DAY</b>	<b>TIME</b>
Monday	5:00pm-6:00pm / 7:00pm-8:00pm
Tuesdays	5:00pm-6:00pm / 7:30pm-8:30pm
Wednesdays	4:45pm-5:45pm / 7:00pm-8:00pm
Thursdays	5:00pm-6:00pm / 7:15pm-8:15pm
Fridays	4:00pm-5:00pm / 5:00pm-6:00pm

**Rates:**

**One-on-One Training Sessions**

\$75 per session

To purchase, go to <http://tinyurl.com/c9l3oc>

**Group Session**

8 sessions = \$280

To purchase, go to <http://tinyurl.com/cew6sl>

16 sessions = \$400

To purchase, go to <http://tinyurl.com/dhdyfm>

**Location:**

**Carolina Courts**

Stinson Hartis Road

Indian Trail, NC 28079

[www.carolinacourts.com](http://www.carolinacourts.com)

**Contact Information:**

Please call or email anytime if you have any questions:

**PHONE:** 980-297-2329

**EMAIL:** [bobby@rhymerfitness.com](mailto:bobby@rhymerfitness.com)