

# PARISI SPORTS TEAM TRAINING

## Want to train with your team

Lets grow together! To be successful, teams today need to be fast, agile, strong, and flexible. Parisi team training incorporates Parisi's Signature Speed Training methods and the latest in Performance and Strength Training. This program uses exciting modalities like Medicine Balls, Swiss Balls, Resistance Bands, Partner Body Weight Exercises, Ladder Exercises, Resisted Running, Plyometrics and Vertimax training. Prices may vary:

Number of Athletes	At a Parisi Facility	At an Off-Site Location*
5-8	\$12	\$15
9-14	\$10	\$13
15+	\$8	\$12



**Speed, power, flexibility, balance and endurance** are the foundation of any good team. In order for a team to be truly successful in any sport, that team must possess each of these characteristics. If just one of these components is missing, the team will not achieve their full athletic potential. **Parisi Speed School** is here to be your resource. Team programs are tailored to each team's specific needs and are conducted for teams of all sizes, ages, and levels of ability.

Improve Speed  
Increase Total Body Strength  
Increase Endurance  
Improve Agility  
Improve Explosiveness  
Build Mental Toughness  
Boost Confidence

## CROSSGATES FAMILY FITNESS SPORTS COMPLEX

200 N. Military Road | Slidell, LA 70461  
985-685-1466 | [ParisiSchool.com/Crossgates](http://ParisiSchool.com/Crossgates)

Follow us on Facebook & Instagram: [parisi\\_speedkills](https://www.instagram.com/parisi_speedkills)

\*\$20 discount for one additional athlete | \*When exercising a freeze option please contact the Business Office

 **PARISI**<sup>®</sup>  
POWERED BY CROSS GATES SPEED SCHOOL