






ATHLETIC ENHANCEMENT

As athletes grow and mature it is important to balance their in-season training with a solid off-season program. MPF has over 20 years of experience training athletes from youth to the professional level. We utilize sound, sport-specific training methodologies. Go beyond routine performance; MPF will train you to be a champion.

 www.facebook.com/MPFit1
 Instagram: MPFit1
 Twitter: @MELTFargo

Contact Info

Email: Brad@MPFitness.net
 Call: 701-353-5000
 465 32nd Ave E. West Fargo, ND



SESSION INFO

January 7- February 26

8-Week Athletic

Enhancement

Middle School and High School

Mondays

10-13 yr. olds 7:00 pm

14+ 8:00 pm

Tuesdays

U13 Boys Team 6:15 pm

U14 Boys Team 7:15 pm

Combination injury prevention, sprint technique, change of direction, total body strength & flexibility

COST

8 sessions- \$99/athlete