



VICE ATHLETICS

PERFORMANCE ELEVATED



We Talk the Talk and Walk the Walk

Without a doubt, we get results. Jump higher, run faster, be injury resistant, compete at a higher level. At VICE, we lead by example, and we are producing high quality athletes who continuously make gains and progress in our program.

What we do:

We focus on biomechanics, plyometrics, Olympic lifting, speed/agility age specific training, and getting the most out of every session. With backgrounds in Exercise Science, our coaches are athletes who talk the talk and walk the walk. We set our expectations high, and our goal is helping you achieve yours. We are enrolling now, so don't wait. Sessions will cap out.

What: VICE AMPT Athletic Development

When: Tuesday and Thursday

Where: Pacific Courts, 7003 132nd Pl SE,
Newcastle, WA 98056

Schedule:

Tuesday at 5p, 6p and 7p **PICK YOUR TIME**

Thursday at 5p, 6p (6p CAPPED!)

Saturdays **COMING SOON!**

Cost: \$89/month

Sign Up Today! It's easy...

Text "Newcastle" to 206 909 0933 or
Click this [LINK](#) for more info and
registration, waiver, etc.

SPACE IS LIMITED