



# TCBOOST™

SPORTS PERFORMANCE

## EXPLOSIVE JUMP AND MOVEMENT PROGRAM (12-18 Yrs Old)

FEBRUARY 18 - JUNE 7 2020

### WEEKLY SCHEDULE

TUE @TCBOOST 6:30PM

SUN @TCBOOST 3:30PM

### JUMP PROGRAM PRICING

TCBOOST has designed a specific **60 minute** program for athletes looking to increase their vertical jump for volleyball, basketball, or track and field events. This program is designed to increase your total vertical jump as well as short area explosiveness and movement.

10 PACK

\$400

5 PACK

\$210

DROP IN

\$45