

SOCCERCISE

(ALL AGES)

There is nothing more exhilarating than a player who explodes through a defensive gap, checks, turns, to avoid desperate, defensive lunges, and fires the ball into the back of the net. Or when a stopper defies gravity by jumping into the air, hanging there long enough to intercept a crossed ball with their head before redirecting it to a supporting midfielder's feet before a swift, decisive counter-attack. These wonderful acts of speed, agility and quickness are what make the difference between winning and losing. Often thought to be 'God given' gifts, and therefore neglected on the training file, they are admired and believed to be essential for success within the game.

Ashley has over 20 years of soccer playing experience. She currently plays semi-professional soccer and is has her Bachelors of Arts in Kinesiology with a concentration in Human Performance and is also a certified strength and conditioning trainer with over 6 years of experience.

SOCCERCISE is an exciting new program that truly is for the "complete player". Soccercise develops and improves the players Agility, Coordination, Balance, Speed Training and Conditioning

Classes are Mondays, Tuesday Thursday

6:30 to 7:30

or

Saturdays

10:30-11:30

Call for prices and Group Discounts

Don't let the summer pass you by, have fun and get in shape.

Please come by, call or email to get registered today at

FITNESS MASTERMIND, LLC
1050 Meadows Dr., Suite 304
Round Rock, TX 78681
(Sam Bass Market Center-1100 Sam Bass)
Ashley@fitnessmastermindtx.com
512.796.1233

