



SPEED ♦ AGILITY ♦ POWER

PROGRAM SCHEDULE & MEMBERSHIP PACKAGES

WE PROVIDE ADVANCED PERFORMANCE COACHING AND TRAINING FOR BOYS AND GIRLS AGES 8 AND UP, IN **ALL** SPORTS AND SKILL LEVELS.

YOU'LL TRAIN WITH ONE OF OUR PROFESSIONAL, CERTIFIED PERFORMANCE COACHES OR GROUP TRAINER. HE'LL HELP YOU GET THE RESULTS YOU NEED AND WANT, WITH-OUT EVER DOING THE SAME WORKOUT TWICE!

TO SIGN UP OR LEARN MORE PLEASE VISIT: THEVICTORYWAY.ORG
OR CONTACT
MITCH MARMELSTEIN AT (949) 303-9827

PROGRAM SCHEDULE

MIDDLE SCHOOL & HIGH SCHOOL ATHLETES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
STRENGTH & SPEED 4:30 – 5:30 PM	STRENGTH & SPEED 4:30 – 5:30 PM	STRENGTH & SPEED 4:30 – 5:30 PM	STRENGTH & SPEED 4:30 – 5:30 PM	STRENGTH & SPEED 4:30 – 5:30 PM	SPEED & AGILITY 9 – 10 AM
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SPEED & AGILITY 5:30 – 6:30 PM	SPEED & AGILITY 5:30 – 6:30 PM	SPEED & AGILITY 5:30 – 6:30 PM	SPEED & AGILITY 5:30 – 6:30 PM	SPEED & AGILITY 5:30 – 6:30 PM	STRENGTH & POWER 10 – 11 AM
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
STRENGTH & POWER 6:30 – 7:30 PM	STRENGTH & POWER 6:30 – 7:30 PM	STRENGTH & POWER 6:30 – 7:30 PM	STRENGTH & POWER 6:30 – 7:30 PM	STRENGTH & POWER 6:30 – 7:30 PM	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SPEED & AGILITY 6:30 – 7:30 PM	SPEED & AGILITY 6:30 – 7:30 PM	SPEED & AGILITY 6:30 – 7:30 PM	SPEED & AGILITY 6:30 – 7:30 PM	SPEED & AGILITY 6:30 – 7:30 PM	

**CUSTOM PRIVATE, SMALL GROUP, AND TEAM TRAINING AVAILABLE
PLEASE CALL FOR CUSTOMIZED PROGRAM, SCHEDULE, AND RATES**

SESSION RATES & MEMBERSHIP PACKAGES

DROP-IN RATE: \$30 PER SESSION
5 SESSION RATE: \$125
10 SESSION RATE: \$225
20 SESSION RATE: \$400
6 MONTH MEMBERSHIP: \$99/MONTH INITIAL 6 MONTH COMMITMENT WITH UNLIMITED ACCESS
3 MONTH MEMBERSHIP: \$150/MONTH INITIAL 3 MONTH COMMITMENT WITH UNLIMITED ACCESS
1 MONTH MEMBERSHIP: \$200/MONTH INITIAL 1 MONTH COMMITMENT WITH UNLIMITED ACCESS

CONNECT WITH US FOR NEWS, ADVICE, AND SPECIAL OFFERS



VICTORY SPORTS PERFORMANCE
VICTORY ATHLETIC CENTER - 3 VIA POSITIVA, SAN JUAN CAPISTRANO, CALIF.