



**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](http://THEVICTORYWAY.ORG)  
OR CONTACT  
JOHNNY GRIFFITH AT (714) 916-1534**

## **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**

**TEAM TRAINING: \$130/PER 1 HOUR SESSION**

# PROGRAM SCHEDULE

## MIDDLE SCHOOL & HIGH SCHOOL ATHLETES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
STRENGTH & SPEED N/A	STRENGTH & SPEED 4:00 – 5:00 PM	STRENGTH & SPEED N/A	STRENGTH & SPEED 4:00 – 5:00 PM	STRENGTH & SPEED N/A	TRAINING AVAILABLE DEPENDING ON DEMAND

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SPEED & AGILITY N/A	SPEED & AGILITY 5:00 – 6:00 PM	SPEED & AGILITY N/A	SPEED & AGILITY 5:00 – 6:00 PM	SPEED & AGILITY N/A	TRAINING AVAILABLE DEPENDING ON DEMAND

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
STRENGTH & POWER 7:00 – 8:00 PM	STRENGTH & POWER 6:00 – 7:00 PM	STRENGTH & POWER N/A	STRENGTH & POWER 6:00 – 7:00 PM	STRENGTH & POWER 7:00 – 8:00 PM	

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

CONNECT WITH US FOR NEWS, ADVICE, AND SPECIAL OFFERS



VICTORY SPORTS PERFORMANCE

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