

# Knoxville Explosion Off-season Conditioning Program Begins Signups

Written by Joe Birchfield

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## Knoxville Explosion! OFF-SEASON TRAINING and CONDITIONING

Get your athlete in condition with resistance training and SAQ drills led by certified personal trainer, Jami Schmid!

Sessions will be held on Saturdays, from Nov. 14<sup>th</sup>, 2015 to Feb. 20<sup>th</sup>, 2016 at

*Select Sports Training,*

3325 Sutherland Ave.

*across from West High School*

Time: Saturdays 8-12 yr. olds 11:30-12:30 PM

13-18 yr. olds 12:30-1:30 PM

*\*Must have at least 8 participants in each session or groups will combine.\**

Cost: \$120 for 12 sessions

*If preregistered by November 6, 2015*

\$150 for 12 sessions after 11/6/15

Contact Jami Schmid at 865-388-4857 to register

Private or buddy training also available!

## HURRY, Signups End Shortly!