



Quality Wellness in partnership with Xross-Over training vest presents its Total Performance Enhancement preseason basketball fitness academy. Athletes will learn how the components of fitness, nutrition and right thinking correlate to the game of Hoops!



Dates and Times

Saturday 9:00am - 11:00am
Sunday 3:00pm - 5:00pm



Sessions 1 and 2 = Saturday – Sunday October 24th and 25th
Sessions 3 and 4 = Saturday – Sunday October 31st and November 1

Registration: \$125 per athlete or \$40 per session
Limited Space Available

Location:
Paul Revere Middle School
10502 Briar Forest
Houston, TX 77042

Registration Contact: Xross-Over

281.865.9348

www.xrossover.net

or



Please click the following link below to complete the online registration form
<http://www.formspring.com/forms/?728102-3uqdwmyvgZ>