



Official Performance Training Program

Sierra Youth Football League

Free Demo Class for SYFL Football and Cheer Athletes

A Free Demo Class is available to anybody interested in learning more about our Program. Meet our staff, workout in the Parisi Speed School and learn how our program can improve athletic performance and boost self confidence. Decide for yourself if Parisi is right for you. Call to book your Free Demo Class. 851-7171.

Individual Conditioning/Performance Membership
Join anytime – No long term commitment

\$99/Month
Save \$30/Month

Unlimited workouts incorporating Parisi’s Signature Speed Training and the latest in Performance and Body Weight Strength Training.

- Does not include heavy lifting with free weights.
- Total Conditioning class times: M-F 3:30, 4:30, 5:30, 6:30 Saturday 10am.
- Full Class Schedules and more info at www.ddaonline.com.

Includes Free Monthly Athletic Performance Evaluations

What we test:

| | | | |
|-------------------------|--------------------|----------------|--------------------|
| Linear Running Analysis | 10-20-40 Yard Dash | 5-10-5 Agility | Max Chin-Up |
| Vertical Jump | 5-Hop Broad Jump | Flexibility | Wobble Board Squat |

Team Performance Coaching

Team programs are tailored to each teams’ specific needs and can be conducted for athletes ages 7+, all levels of ability. Sessions incorporate Parisi’s Signature Speed Training and the latest in Performance and Body Weight Strength Training.

| Number of Athletes | One Session | 10 Sessions |
|--------------------|-------------|--------------------|
| 1-15 | \$80 | \$500 – Save \$300 |
| 15+ | \$120 | \$800 – Save \$400 |

Training at Off-Site Location: add 30-50% depending on distance

Athletic Conditioning and Performance Training For Football and Cheer Athletes

Family Memberships Available

THE FASTEST WAY TO BECOME A BETTER ATHLETE™





DOUBLE DIAMOND

Athletic Club

Upscale Family Fitness

NOT A FASHION SHOW...NOT A SINGLES BAR.

IT'S OUR MISSION TO CREATE MEMORABLE EXPERIENCES THAT IMPROVE QUALITY OF LIFE.

NO MATTER WHAT SHAPE YOU ARE IN NOW, WE CAN PROVIDE A FRIENDLY PLACE TO BECOME YOUR VERY BEST.

**TOTAL
FITNESS
UNLIMITED
PILATES
& BOOTCAMP
FOR THE PRICE OF
ONE!**



GROUP EXERCISE



BODY VIVE



For 60 years or older!
Custom-designed SilverSneakers®
classes taught by
certified instructors.



9400 Double
Diamond Parkway
Reno, Nevada 89521

775.851.7171
www.ddaonline.com