



Roxbury Gaels Lacrosse March Training Special

Driven Fitness & Performance for the past 6 years has helped hundreds of Roxbury athletes achieve what they never thought possible. My name is Gary Vesper and I'm the owner and coach at Driven. With your commitment, we can help Gaels players **COMPLETELY TRANSFORM** their readiness for his/her RHS sports career. We have been collaborating with the coaches over the years to build a modern athletic development program that better prepares players to perform on the field.

Players can't be mad at the results they didn't get from the work they didn't do. These three Roxbury athletes have trained consistently with Driven for years and they will tell you that the Driven program made the difference on the field.

Train at Driven For One Month And It is a **GUARANTEE** You WILL:

- Dramatically increase your strength, speed, and agility
- Become a much more explosive AND SAFER player
- Learn how to train for strength, speed, and power
- Experience A LOT of FUN in a gym!
- Train alongside other athletes who will push you and cheer you on

Month of March Special Offer for ALL Roxbury Lacrosse Players:

- 2 sessions per week for \$99: Come to any session on our schedule (check website)
*Covid Safe outdoor/indoor 90-minute training sessions

To get started please email me at contact below. We look forward to helping take each player's ability to another level!

Gary@drivenfitperform.com

www.DrivenFitPerform.com

19 Route 10 Unit 5 Succasunna

