



THE OFFICIAL HOME OF

NORTHERN IMPACT

Volleyball.com



Northern Impact volleyball club has now partnered with Acceleration North for all of its strength and conditioning needs. Most of our teams will be using their training program once a week for the next 10 to 15 weeks. Players that want to add another night of strength and conditioning or sprint training are eligible to purchase an extension package and schedule additional appointments with our training staff.

HERE ARE THE PACKAGES AND DISCOUNTS YOU WILL RECEIVE:

6 WORKOUTS
\$25 OFF

NOW \$150 – NORMALLY \$175
USE DISCOUNT CODE: IMPACT6

12 WORKOUTS
\$50 OFF

NOW \$275 – NORMALLY \$325.
USE DISCOUNT CODE: IMPACT12

18 WORKOUTS
\$75 OFF

NOW \$375 – NORMALLY \$450.
USE DISCOUNT CODE: IMPACT18

SESSIONS ARE VALID UNTIL MAY 1ST, 2017.

HOW TO SCHEDULE?

Once you purchase a package, you can use our online schedule system OR call our main office line and make appointments for your player OR a group of players.

WHAT CAN WE SCHEDULE?

You can schedule 1 hour agility/strength sessions (plyos) OR 1 hour incline treadmill workouts on our incline treadmills.

WHEN CAN WE SCHEDULE?

We are open Monday – Friday: 3pm – 10pm, Saturday: 9am – Noon.
so pick any hour of any day and make an appointment for either station.

HOW TO REGISTER:

- Go to accelerationnorth.com and click REGISTER
- Fill out your athletes info and choose any of the 3 packages above
- Use the discount code for your package and SAVE!

LOOK FOR OUR SUMMER 8 WEEK STRENGTH/VERTICAL PROGRAM THAT WILL BE COMING OUT IN FEBRUARY.



Acceleration North
651.486.0020

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ACCELERATIONNORTH.COM