



VertiMax is the only system in the world that can simultaneously train explosive leg power and arm swing velocity by loading both the legs and arms for **Maximum Vertical Development**. VertiMax provides the greatest speed gains because it loads both the drive (foot ground contact) and swing (foot airborne) phases of the running motion, for **Maximum Speed Development**.

**Schedule your Free 15 minute session now!\*\***

**\*\*Members only**

### **Training Prices for members: ½ hour sessions**

<b>Sessions (1/2 hr)</b>	<b>Price</b>	<b>Price per session</b>
1	\$20	\$20
8	\$120	\$15
12	\$170	\$14.25
16	\$220	\$13.75
24	\$320	\$13.33

### **Training Prices for non-members - \$25/session**



**King George YMCA**  
**10545 Kings Hwy, King George, VA 22485**



**Schedule your session today!**

**Call Gary at 540-775-9622 x 3024 or [groach@family-ymca.org](mailto:groach@family-ymca.org)**