



NTX Spartans, LLC, a 501(c)(3) Organization

OFFSEASON TRAINING PROGRAM

*Sacrifice what you are for what
you will become...*

Weekly on Tuesdays and Fridays @ 5:00 p.m.

Begins 10 December (Off Days: 24 & 31 Jan) and run through 28 March

LOCATION: Gold's Gym Plano (NE quadrant of Park & Preston)

COSTS: \$15 per session OR Special Rate of \$275 to cover entire off-season
and includes offseason t-shirt (a \$50 savings)

COACHES/TRAINERS: Basil Shabazz, Brian Barrett, Dane Harris, David Mullins

