



## PACT PERFORMANCE NEWSLETTER



## Winter Workout Program Updates

Our winter program is in it's 6th week. While we are never satisfied, we are seeing impressive gains in our athletes strength, speed, agility, explosiveness, and increase in body weight. Our athletes are also building confidence and camaraderie within their groups.

View our video & photo galleries to see our athletes working hard!

[Winter Workout Videos](#)

[Photo Gallery](#)

# Spring Workout Program Updates

Our spring program is right around the corner and it is going to fill up fast based on all the interest we have been receiving. The program is first come first serve.

## **Sessions will run from March 14th - May 5th.**

Monday, Tuesday, and Thursday

Group 1 Times: 4:15pm - 5:30pm

Group 2 Times: 5:30 - 7:00pm

\*Includes 3 strength and conditioning sessions in the weight room.

\*1 field session

To reserve your spot click the button below or visit our website  
<https://pactperformance.com>

Sign-up Here



## **Pact Performance LLC**

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