



TEAMS UP WITH THE
KANSAS CITY SPORTS COMMISSION

DETAILS:

- All sessions are coached by professional, degreed and certified coaches
- 14, 000 sq. ft. training facility that is climate controlled
- Guaranteed RESULTS!

VELOCITY SPORTS PERFORMANCE IS WHERE PEOPLE OF ALL AGES AND SKILL LEVELS MAXIMIZE THEIR ATHLETIC POTENTIAL. WITH THE HELP OF OUR PROFESSIONALLY CERTIFIED COACHES, YOU WILL ACTUALLY EXPERIENCE THE THRILL OF ACCELERATED GAINS IN SPEED, POWER AND AGILITY;-THE THREE PILLARS OF ATHLETICISM. YOU WILL DO IT ALL IN TIGHTLY FOCUSED GROUPS OF EIGHT OR LESS. SO, WHETHER YOU'RE TRYING TO GO PRO OR JUST WANT TO FEEL LIKE ONE, WE PROMISE WE'LL GET YOU THERE.

- ◆ Adult Fitness classes meet at 6am, 7:30am, 9am, and 5:45pm on M, W, and F. All classes are supervised by coaches with degrees in Exercise Science and are 60 minutes in length.
- ◆ Youth, Jr. High and High School classes start at 4:00, 5:15, 5:45, and 7:00pm daily and we also train in the morning on Saturdays Those last 60 minutes or 90 minutes depending on age group.
- ◆ Contact Velocity Sports Performance for a free trial session.
- ◆ **20% discount offered to KCSC members.**



VELOCITY SPORTS PERFORMANCE
11042 STRANG LINE ROAD
LENEXA, KS 66215
PLEASE CALL 913-451-8181 FOR DETAILS!

“ON THE ROAD TO PERSONAL FITNESS THERE ARE NO SHORTCUTS, BUT THERE ARE FASTER PATHS TO RESULTS.”