

# Build Strength, Power, Speed and Fitness

Convenient  
Saco Location!

OA Endurance Training Package

## Off Season Training *for the Endurance Athlete*



Establish a solid foundation  
with state-of-the-art performance  
evaluation, testing and training  
for the endurance athlete.

Build Strength, Power, Speed and Fitness  
with the OA Endurance Training Package!

- Unlimited Spin Classes
- Monthly Performance Evaluations and Lab Testing
- Unlimited Adult Fitness Classes
- Monthly Coaching Consultation
- Bi-monthly Training Workshops
- Free Admission to Seminars and Workshops
- And More!



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