



**Adidas Performance Training (APT)** provides training in all areas of athletic performance including: nutrition, flexibility, agility, speed, power, and endurance. **APT** specializes and provides classes in High Intensity Interval Training (HIIT), Sports Performance, and Personal Training. **Adidas Performance Training...We Build Athletes For Sports and Life!**

**Price:**

**Adult/Athlete:** \$10/session

\$60/unlimited monthly access

APT Card: 6 Sessions for \$40 (4 training sessions/2 regeneration)

**Hours:**

Monday – Thursday	9am – 9pm
Friday	9am – 7pm
Saturday	9am – 3pm
Sunday	Closed

\*Early morning session available by request only

**Address:** Adidas Performance Training  
3104 S. Kings Avenue  
Brandon, FL 33511  
(Located in rear of Brandon FC complex)

\*Training classes are by appointment only and start on the hour

**Contact/Follow Adidas Performance Training:** Twitter: @BrandonFC\_APT  
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