

JESKOtraining

ARE YOU LOOKING TO...

- IMPROVE SPEED AND AGILITY
- ENHANCE PERFORMANCE
- INCREASE STRENGTH AND POWER
- LEARN AND DO WHAT IT TAKES TO GET TO THE NEXT LEVEL
- FUEL YOUR BODY SO YOU CAN TRAIN HARDER AND RECOVER FASTER

The **JESKOtraining Programs** are designed to enhance agility, coordination, explosive power, reaction time, speed, strength, injury prevention, and flexibility. We work with all age groups, skill levels, whether you are a beginner or advanced athlete. Our programs are customized to help you meet your goals!

MEET YOUR TRAINERS: TAYLOR & MALLORY JESKO

- Exercise Science Degree
- Crossfit/Personal Training Certified
- Division 1 College Athlete
- Varsity High School Basketball and Volleyball Coach
- Endurance Athlete - Marathon/Half Marathon/Triathlon Finisher
- CPR Certified
- Advocare Nutritional Advisors - www.advocare.com/110711368

GCVC MEMBERSHIP

- Please see Dana Hooper for Membership details
- Individual (1-on-1)
- Per session: \$35.00
- 4 Week - 12 Session Package: \$402.00
- 8 Week - 24 Session Package: \$780.00

NON-GCVC MEMBERSHIP

- Individual (1-on-1)
- Per session: \$50.00
- 4 Week - 12 Session Package: \$540.00
- 8 Week - 24 Session Package: \$960.00

CONTACT US

- Taylor: 419-615-8482 or tjesko682@excite.com
- Mallory: 419-277-3913 or mallory.jesko@gmail.com