

SLO

Sports Performance Training

With a focus on speed, agility, and explosive power, we specialize in working with athletes of all ages to create the most efficient training program for their sport.



- * Footwork
- * Jump Training
- * Lateral Movement
- * Form Running
- * Mobility/Flexibility
- * Complex Training

Trainer Jon Dawson is a sports performance specialist that studied sports techniques and physical education at Ottawa University. He has been trained by world class trainers and offers a wealth of knowledge for any athlete working towards their goal.

20% OFF FIRST SESSION

(805)440-3218

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