



# TACTICAL TRAINING

The ASAP Tactical Training Program is specifically targeted for police and fire fighters. The program will improve and target all fitness components relative to job performance and health.

- ▶ Strength will not only be improved but specific pushing and pulling strength will be addressed.
- ▶ Specific hand and grip training that will have direct performance and combative benefits.
- ▶ Interval Training to get you into the best condition possible.
- ▶ Core strengthening to reduce the incidence of low back problems.

The ASAP Tactical Training Program is dedicated for police and fire fighters and has been priced to reflect our admiration to those professionals.

**Where:** ASAP Training Facility, 5255 Ohio 128, Cleves (River's Edge Sports Complex)

**When:** Monday 6:00 am and 7:30 pm  
Tuesday 6:00 am and 7:30 pm  
Thursday 6:00 am and 7:30 pm  
Friday 6:00 am  
Saturday 7:00 am  
\*Sessions are limited to 20 people

**Price:** \$160 for 2 sessions per week for 8 weeks. (\$10 per session)

**For additional information contact:**

Jamie Ray 513-288-1417

**NEXT SESSION BEGINS MONDAY JUNE 6**