



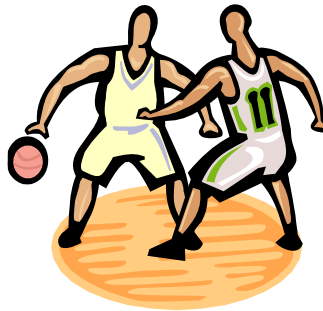
Pro-Time Training

Improving Speed, Power,
Strength and Basketball Skills

By: Jermaine Wilson, Personal
Trainer for Aaron Gray and other
Chicago Bulls players including
Luol Deng.



- Each session consists of 6 one hour NBA style workouts.
- Workouts 2 or 3 times/week
- M-W-F or T-Th
- 3:00, 4:00 or 5:00
- \$240/session
(6 workouts)



*Workouts focus on ball
handling, shooting,
speed and agility,
strength and power.*

Workouts at In the Zone

About the instructor: Coach Wilson grew up in Chicago and moved into the Lehigh Valley while in high school. He attended Northampton Community College where he earned **First Team All American** honors. He had several Division 1 offers but injured his knee. After rehabilitation, he was headed overseas to play professionally but blew out his other knee. He has been Aaron Gray's personal trainer for the past few years and has trained several other NBA players including Luol Deng.

For more information or to register, call Steve at In the Zone
610-837-8605, email sturpening@aol.com or
www.inthezonesports.biz