

TIME TO SHRED

PURE WATER OUTPOST
PRESENTS...

Photo courtesy of @venspiration
Athlete @chaunchoo

SURF PERFORMANCE TRAINING

Instructed by Rooney Rogers

2 Afternoon Classes

Mondays, Wednesdays, Fridays or Tuesdays, Thursdays, Fridays

Performance Progression 🔥 Injury Prevention 🔥 Neurological Adaptivity 🔥 Foundation Training

\$225 for each 4-week program
Programs begin on the 1st of every month



For more information, scan the QR
code or visit purewateroutpost.com



PWO Training Center
Atlantic Plaza
1024 Highway A1A, Unit 17A
Satellite Beach, FL 32937