



x



PALM BEACH
CURRUMBIN
STATE HIGH

About GameSpeed

ACTV GameSpeed is a holistic speed & agility program designed to improve performance in field and court sports like Rugby League, AFL, Touch Football, Basketball, Soccer & Netball.

This program will make you faster, more powerful and greatly reduce the likelihood of injury.



“The guys down at ACTV are awesome. Every Off Season I get down to see the team and sharpen my speed agility for the coming season. I really believe specifically training these elements are essential to success.”

— **ANTHONY DON**

Gold Coast Titans All Time Leading Try Scorer

PBC Program Details

Location:	Palm Beach Currumbin SHS
Every Wednesday:	7:30am - 8:30am
Commences:	27th February - Finishes 3rd April
Cost (6 Sessions):	\$120 + \$7.83 Booking Fee



“I came to ACTV in 2018, their knowledge and understanding really blew me away! Their enthusiasm for coaching and incredible program has pushed me to another level.”

— **BREE MASTERS**

Australian Beach Sprinter and Flags Athlete

[Click here to book ACTV GameSpeed now!](#)

ACTVSTRENGTHCO.COM
HELLO@ACTVSTRENGTHCO.COM
0432 346 334

