

Rio Vista FC is delighted to announce to its membership a partnership with Defined Fitness and the Parisi Speed School.

Over the past year a number of Rio Vista players and teams have worked with the staff at the nationally acclaimed Parisi Speed School and have seen extremely significant improvements in their speed, power, strength and overall confidence. Parisi Speed School have offered the club a number of on and off season training programs and will continue to do so heading into 2010 and beyond. As a result of the success between Rio Vista FC and Parisi Speed School the club and Defined Fitness are able to offer reduced membership fees to all Defined Fitness locations for all families associated with the club. Please review the [attached](#) links for information on registration. Any families who are currently members of Defined will also be able to receive the reduced membership costs.

In addition Parisi Speed School will be offering open house sessions to all Rio Vista FC players in December. This will be an opportunity for all players to experience the facility and staff. An off season training program will follow shortly afterwards.

Dec 9 - U7-U12 players @ 6pm

Dec 11 - U13-U18 players @ 6pm

All Parisi Speed School sessions are held at the Defined Fitness gym on Juan Tabo & Candelaria.

Thanks

Chris Brennan
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