



# Volley iQ Programs & Availability

## Scheduling Update

Due to my current commitments this season, I am not able to confirm specific schedules just yet. However, I can work with you on private lessons and group sessions depending on both my and the gym's availability. I'm happy to find a time that suits your needs.

## Strength and Conditioning with Massimo Merazzi

Our Strength and Conditioning Program, led by Massimo Merazzi, a pro-volleyball expert with over 20 years of experience, is still available. This program focuses on enhancing the physical strength, agility, and endurance of athletes, and is an excellent complement to volleyball training.

## How to Get in Touch

For more information, please fill out the survey provided. Along with the survey, we will send you some topics with skill details to better understand your needs. Once completed, send an email with your questions and availability to [info@volleyiq.net](mailto:info@volleyiq.net). We're here to help and look forward to finding the right program for you!