

SUMMER STRENGTH & SPEED



STRENGTH - SPEED - AGILITY - POWER

This is the summer that will change your athletic ability forever! Join us for Summer Strength & Speed to become stronger, faster, quicker and be in the best physical shape of your life. Each session is specifically designed to increase your ability through weight training, plyometrics, sprinting, agility, injury prevention and competition. **June 1st-August 13th**, Monday-Friday with limited capacity to ensure quality and safety. Ages 14-21.

Strength: 60 minutes*

Mon 11am, Tues 12pm, Wed 11am, Thur 12pm, Fri 11am

Speed: 45 minutes*

Mon 12pm, Tues 11am, Wed 12pm, Thur 11am, Fri 12pm

\$199 Month **\$499** Entire Summer

*maximum of 3 strength and 3 speed sessions per week