



## **SPEED AND AGILITY TRAINING FEATURING THE PENALTY BOX TRAINING SYSTEM**



**Program for all sports Athletes. Developed to focus exclusively on the areas that Athletes physically need to take their game to the next level.**

**We have put together a complete program to help develop Athletes through Strength, Speed, Agility and Conditioning.**

**CLASSES WILL BE ON SATURDAY FROM 6-7PM**

**ONLY \$10 A SESSION Starts Nov 3<sup>rd</sup> thru April 13<sup>th</sup> . All ages welcome**