



Speed and Agility Training - Winter Sessions Jan-Mar 2019

Are you looking to improve your speed and agility?
This training program will provide drills and activities
designed to make you a quicker, faster, more agile athlete.

Led by Coach Gary, Certified Speed and Agility Specialist

Session A

Every Other Wednesday—7:30—8:30 pm
Jan 23, Feb 6, Feb 20, Mar 6 and Mar 20

Session B

Every Other Sunday—6:00—7:00 pm
Jan 27, Feb 10, Feb 24, Mar 10 and Mar 24

\$75 single session / \$135 for both sessions

Please email advsportstraining@gmail.com to reserve your spot!

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INDIVIDUAL / GROUP TRAINING
FACILITY RENTAL

586-834-8724
AdvSportsTraining@gmail.com
www.AdvSportsTraining.com