



**Speed and Agility
Training -
December Short Sessions
\$10 / Participant / Session**

**Are you looking to improve your speed and agility?
This training program will provide drills and activities designed
to make you a quicker, faster and more agile athlete.
Led by Coach Gary, our Certified Speed and Agility Specialist**

Monday Evenings—Dec 3rd, 10th & 17th

Session A —7:00—7:50pm

Session B —8:00—8:50pm

*** Limited to 12 participants per session**

*** Sessions may be combined based on participation**

**Please send an email to advsportstraining@gmail.com to
reserve a spot in the dates/sessions you would like to
attend. Come to one workout, or join them all!**

\$10 per session per week

**INDOOR BATTING CAGES
INDIVIDUAL / GROUP TRAINING
FACILITY RENTAL**

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