



**Speed and Agility
Training -
5-week Session
\$80**

**Are you looking to improve your speed and agility?
This 5 week training program will provide drills and activities
designed to make you a quicker, faster and more agile athlete.
Contact us for more info and availability!**

Sunday Evenings

Nov 19th & 26th - Dec 3rd, 10th & 17th

Session 1— 6:00—6:50pm

Session 2— 7:00—7:50pm

(Maximum 10 participants per session)

Mention you saw this on the website to receive:

\$20 off this Speed and Agility Training Program

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

**586-834-8724
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