



SPORTS PERFORMANCE CENTER

# SPEED & AGILITY



## CLASS BENEFITS

- Improve technique and form
- Increase overall speed
- Enhance agility, quickness and change in direction abilities
- Develop coordination and balance
- Boost reaction time
- Increase flexibility and mobility



This premium class is ideal for individuals already engaged in organized sports or those who are interested in joining. Designed to enhance your performance, our expert instructors will guide you through tailored exercises and techniques to help you achieve your athletic goals. Great for ages 10 and up!

**Free trial classes for the month of May!**  
**Tuesdays & Thursdays at 4:30PM**