

Summer Speed and Agility

Olympic Lifts included

If you want to be a champion,
you need to train like one!

10 WEEKS June 8th-August 14th

Tue/Thur 6PM or

Mon/Wed 3PM

\$299.00

*Due in Full Prior to First Class

Camp includes a combination of resistance and group training. It's designed to improve an athlete's explosiveness and overall athletic ability through better body awareness and control.



SPEED & AGILITY TRAINING

832 1614

1614fitness.com

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