



SPORTS PERFORMANCE CENTER

Next Winter Session Runs Jan 5, 2016-Feb 9th 2016.

Speed I (YOUTH): Ages 8-12 This class will focus on progressive speed and agility skills to enhance quickness, running form, and lateral movement.

-Tuesday's 6 weeks from 5:15-6pm (45 min class) \$100.00

Speed II (Youth): Ages 8-13 This class is an intermediate level speed and agility class that trains the motivated athlete in linear speed, directional change, acceleration/deceleration, and overall strength and conditioning. Must have completed Speed I.

-Tuesday's 6-7pm \$110.00

Always 10% second child discount.

Pre-registration and Prepayment is required to hold your spot. Please email Steph Foresi at foresifitness@gmail.com

FORESI'S INDIVIDUALIZED TRAINING
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