

SPEED TRAINING.



Speed Work. Agility. Stairs. Footwork. Combine. Conditioning. Strength. 40 Yds. Skills.

Start date: **Sunday, February 22nd***
8:00AM Civic Field

*continuing every Sunday

Photo coming soon!
We will use the top performer from the first day of training for this flyer and all other promotions for Speed Training.

**RUN WITH THE PROS.
SUPERSTAR ATHLETES
WILL LEAD YOUR RUN.**

Open to Everyone
**\$12.00/session ALL
AGES**

In 3 months let 41 Sports get you in the running shape you deserve.

Every Sunday an athlete will show you skills & techniques to become a more powerful runner while working on toning & shaping your body at the same time. Remember when a 400yd dash was easy? Remember when a 300yd dash was a breeze? Or, a 200yd dash seemed dreamy? We will run 100s and the experience will set you free. No more questions about whether you are in, or out of, shape.

By the end of your time with us, you will be in the best shape of your life!

Note: If your son or daughter needs to get faster this is the program for him or her.

Depending on class size, we will hold a few different times.

1st class February 22nd * 8:00AM * Civic Field

41 Sports Fitness Boot Camps. SEE YOU AT THE TOP!

www.41sportsfitnessbootcamps.com