

- Speed
- Strength
- Agility
- Injury
Prevention
- Education
Counseling
- Nutritional
Seminars

OPEN GYM

TUESDAYS & THURSDAYS NIGHTS

High School Level 3:30pm-4:30pm
Middle School Level 5:00pm-6:00pm

You have athletes... We have answers!



SPEED AGILITY POWER STRENGTH INJURY PREVENTION

- Technique Education
 - Speed Training
- Improving Proprioception
 - Medicine Ball
- Friendly Competition/Games

JUST \$10 A SESSION

Open to All: Come in and Check it Out!

With a chance to win selected prizes

The EDGE Performance Training, LLC

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SPEEDTRAININGCT.COM