

OPEN HOUSE MONDAYS @ 6:00 pm

You have athletes... We have answers!



SPEED AGILITY POWER STRENGTH INJURY PREVENTION

• Speed

• Strength

• Agility

• Injury
Prevention

• Education
Counseling

• Nutritional
Seminars

- Individual and Group Demonstrations
 - Speed Ladder
 - Agility Hurdles
 - Stability Ball
 - Medicine Ball

Free, Free, Free!!!

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