



SPEED & AGILITY

"The Athletic Solution to Increase Speed • Endurance • Strength • Agility"

1435 University Drive Ct. • Granger, IN 46530 • 574-850-2238 • Fax 574-259-6841 • www.thetrainingarena.com

Speed Can Be Developed!

Speed & Agility

Monday thru Thursday 5-6pm Drop-In Class

\$12/class or 10 classes for \$100



Speed & Agility Training For All Athletes:

*Basketball, Football, Baseball, Softball, Soccer, Track
Hockey, Cross Country, Lacrosse, Rugby, Tennis*

Increase your Speed & Agility

Core development

Foot work drills

Lateral agility

Endurance

Speed Wins Everytime!