

Ultimate Speed Academy

Are you looking for a competitive edge over your competition?

Invest in your athletic performance by getting involved with a speed program that is the best around.

Benefits of training with Explosive Sports Performance will improve your:

- ✘ Explosion
- ✘ Quickness
- ✘ 1st step power
- ✘ Balance
- ✘ Proper Running Mechanics
- ✘ Hand eye coordination

This class is jam packed with exercises that will make you an all around better athlete.



Every Tuesday and Thursday from 6:30 p.m. to 7:15 p.m.

November 13th thru Dec 20th

(no class Nov 22nd for Thanksgiving)

Open for athlete's ages 8-15 year olds.

Cost for this program is \$85

Sign up before Nov 10th take \$10 off!

As a bonus you will receive our Weight Lifting 101 class at half price.

Class will immediately follow speed class.

Speed is Key and knowing how to do things properly could mean the difference between earning more playing time or you watching from the bench. Give yourself every opportunity to make this happen. Do not look back in a few years and wonder what would have happened if you took this class, just do it!

Contact Dave or Andrew exsp@verizon.net or (717)571-4776

Class limited to the first 30 to sign up