



ATHLETE 1st

6 Week Group Training Sessions

Improve Critical Athletic Skills Such As:

- Speed
- Agility
- Strength
- Explosive Power (Starts & Jumping)
- Balance & Coordination
- Ability to Accelerate / Decelerate
- Change of Direction
- Running Mechanic Optimization
- Flexibility & Mobility



DOMINATE YOUR COMPETITION

TRAINING SESSION INFO:

Dates: Tues, April 27-Thurs, June 3

Times: Tues & Thurs, 5pm-6pm

Location: Olmsted Community Center

Cost: \$144 for all 12 sessions (6 weeks)

Contact Info:

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Register Online Today @ olmstedcc.com