

YOUTH SPEED AND AGILITY TRAINING

play conquer spin
decompress stretch win
ace breathe commit care
climb relax leap run swim
master unwind twist
prevail learn dive throw lift

2019

This class will focus on developing speed and agility through a series of intense workouts. Participants will learn to isolate and strengthen core muscles used in running, cutting and juking that gives athletes a competitive edge. The instructor uses a hybrid training method that focuses on minimizing excess movement and maintaining repetitive habits of physical explosiveness.



Instructors: John Singleton, an award winning collegiate track and field expert. Zion Mason, a national-level collegiate athlete with more than 10 years of hurdle/coaching experience.

Ages: 10-16 years old

When: Mondays 6:45-7:45 p.m.
Session 1: April 1 – May 6
Session 2: May 13 – June 17
No Class Memorial Day, May 27

Wednesdays 6:45 - 7:45 p.m.
Session 1: April 3 – May 8
Session 2: May 15 – June 19

Price: Six weeks \$60 member/\$90 non-member
Prices are per each session.

Private, semi-private sessions or small group classes are available upon request. For more information call 630-978-6280 or talk to Carrie Long, Manager of Fitness.

Hurry! Space is limited.

To register call 630-978-6280. Learn more at rushcopley.com/healthplex.



Rush Copley Healthplex Fitness Center