

SPEED • AGILITY • OVERALL PERFORMANCE

Athletic Movement Training



Take your athleticism to the next level with our Athletic Movement Training Program, designed for athletes who want to improve their speed, agility, and overall performance!

What We Offer

- Agility Training & Movement Progression
- Master the quick footwork and coordination necessary to dominate in any sport, with progressive drills to track your improvement.

NFL Combine Progression Drills

- 10 & 20-Yard Dash: Build explosive speed off the line and top speed.
- 20-Yard Shuttle: Enhance lateral quickness and change-of-direction skills.
- 3-Cone Drill: Improve flexibility, balance, and acceleration.

Jump Training

- Broad Jump: Develop lower-body power and explosiveness.
- Vertical Jump: Reach new heights in your game!

Why Train With Us?

Our program combines expert coaching with proven, progressive drills to help you reach your athletic goals. Perfect for athletes preparing for combines, showcases, or simply elevating their performance in competition.

Coach Adam Sorum

Certified Personal Trainer; Certified Medical Fitness Specialist; BS Degree Exercise Science, Wellness, Phys Ed

Monday, Tuesday, Thursday • 3:00 – 4:00 pm • Grades 5+

June 2-26 (\$125) • June 30-July 24 (\$125) • July 28-August 14 (\$100) • June 2- Aug 14 (\$300)



Altru Family YMCA

Contact Adam Sorum
asorum@gfymca.org
701.775.2586 • www.gfymca.org