



  
Summer 2023

# **SPEED, AGILITY & STRENGTH TRAINING**

## **With Sonia Kraft**

This program is designed to inform, educate and motivate athletes to bring them to new levels in their sport (middle/high school age 12+).

### **TRAINING INCLUDES**

- a dynamic warm up with flexibility
- balance and core
- strength and power
- agility, speed and quickness
- conditioning
- a cool down and stretch

### **SESSION DATES**

- June 12, 14, 19, 21, 26, 28
- July 10, 12, 17, 19, 24, 26
- August 2, 7, 9, 14, 16

### **TIME**

- 6:00-6:45 pm

### **COST**

- Per Month: June \$60 / July \$60 / Aug \$50
- Punch Card: 10 punches - \$125
- All Summer: \$140