

Cor Maximus and Twist Sport Conditioning (Burlington)

Present: Training for Speed, Agility and Quickness
& "Sport Core"

These two sessions will be beneficial to **athletes** and **coaches** from all sports. Learn how to increase your speed, agility, quickness - and your overall stability.

Instruction by: **Scott Atkins**
Saturday March 13th
West Ferris High School Gymnasium

Space is limited!
Pre-Register at
Cor Maximus
1501 Seymour St.
476-8888

9:30 a.m. Registration
10:00 a.m. Training for Speed, Agility and Quickness
12:00 p.m. Break
1:00 p.m. Sport Core

Cost: \$60.00 per session or \$100 for both (+GST)



TAKE YOUR TRAINING TO THE NEXT LEVEL