

# SPEED, AGILITY & QUICKNESS

## Small Group Training



### THE MAIN OBJECTIVE

Help every athlete perform at his or her own  
Maximum potential!

Agility training focuses on foot speed, quickly changing  
direction and improving reaction to visual cues.

*Get Stronger, Run Faster and Improve Your Game!*

**WEDNESDAYS**

4:15pm - 5:00pm

Starting March 7th

**6 WEEK SESSION**

**GRADES 3-6**

**Member: \$69**

Guest: \$89

**Drop in Member: \$15**

Drop in Guest: \$20

**SPA23**

FITNESS AND LIFESTYLE

Pure  
massage

**BEYOGA**  
TRADITIONAL & HOT YOGA

**CrossFit**  
PEQUANNOCK

\*CAMP\*  
**SPA23**

973.839.8823 | 381 Route 23 | Pompton Plains, NJ  
www.Spa23.com | open 24 Hours