



## Youth Speed & Agility Training

June 4<sup>th</sup> – July 12<sup>th</sup>

Tuesdays & Thursdays 8:00am and 3:00pm.

(can attend either training time. Hour long sessions)

Ages 10-15

Price \$175 per athlete

Anytime Fitness Indianola, is excited to bring the importance of speed & agility to the youth athletes! Led by two former college athletes, this training program will help any athlete improve in their sport!

\*Proper warm up along with static/dynamic stretching

\*Speed & Agility: To enhance athletes in the capacity of acceleration, deceleration, change of direction, along with plyo based training.

\*Intro Strength: Designed and implemented to the athlete and their fitness level. Corrective strength and conditioning through fundamental strength movements.

\*Core & Flexibility: Introduction into TRX which allows us to focus on the athlete's core and flexibility which reduces the risks of injury as well as improve recovery.

**For more information or for registration, send email to:**  
**Indianola@anytimefitness.com**