

SPEED SCHOOL

Jan. 16th-Feb. 27th (6 weeks)

Tues. & Thurs. 4:00-5:00 pm

15-18 year olds

Cost: \$200.00



MFC Speed School is for athletes seeking to improve their **foot speed, agility, and acceleration**. Our Certified Strength & Conditioning Specialists will provide a training system designed to develop athletes to their full potential so you are well equipped for your sport .



For more information on Speed School call (970)790-5090 or www.minturnfitnesscenter.com