



323A Fairfield Road
Freehold, NJ in Howell Twp
732-409-1132
www.32count.net

SPEED and Agility Class



Eat my Dust!

Instructor: Gabe Marino

Work Hard, Have Fun, Get Fit!

The class will focus on:
Proper sprint mechanics,
Improved explosiveness,
1st step quickness,
Improved agility,
Improved balance and coordination, and
Injury prevention

Every Tuesday and/or Thursday

6:30 - 7:30 pm - Ages 8-12 yrs

7:30 - 8:30 pm - Over 12 yrs old

10 sessions for \$280 (come 1 or 2 times per week)