



Speed and Agility core strengthening program

This proven 4 week progressive program was developed by our staff with an emphasis on Nutrition. The primary goal with our Speed & Agility is to embrace the players with knowledge of exercise and health that helps promote healthy diets while improving their strength and Speed.

<p>4 week progressive program</p> <p>2 Sessions per week</p> <p>Classes Start on Tuesday at 6:00 – 7:00 and Thursday at 6:00 – 7:00</p> <p>\$99 per session</p>	<table> <tr> <td>December session</td> <td>(12/10/2013 – 1/2/2014)</td> </tr> <tr> <td>January session</td> <td>(1/7/2014 – 1/30/2014)</td> </tr> <tr> <td>February session</td> <td>(2/4/2014 – 2/27/2014)</td> </tr> <tr> <td>March session</td> <td>(3/4/2014 – 3/27/2014)</td> </tr> <tr> <td>April session</td> <td>(4/1/2014 – 4/24/2014)</td> </tr> <tr> <td>May session</td> <td>(4/29/2014 – 5/22/2014)</td> </tr> <tr> <td>June session</td> <td>(5/27/2014 – 6/19/2014)</td> </tr> <tr> <td>July session</td> <td>(6/24/2014 – 7/17/2014)</td> </tr> <tr> <td>August session</td> <td>(7/22/2014 – 8/14/2014)</td> </tr> </table>	December session	(12/10/2013 – 1/2/2014)	January session	(1/7/2014 – 1/30/2014)	February session	(2/4/2014 – 2/27/2014)	March session	(3/4/2014 – 3/27/2014)	April session	(4/1/2014 – 4/24/2014)	May session	(4/29/2014 – 5/22/2014)	June session	(5/27/2014 – 6/19/2014)	July session	(6/24/2014 – 7/17/2014)	August session	(7/22/2014 – 8/14/2014)
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<p style="text-align: center;"><u>Speed and Agility</u></p> <p>Name _____ Age _____</p> <p>Address _____</p> <p>City _____ State _____ Zip _____</p> <p>Email _____</p> <p>Phone _____</p> <p>http://www.bnssports.us/sherwood.php</p>	<p>Call us at (501)-833-0668 to register, or drop off form to: Balls-N Strikes 408 Manson Road Suite 450 Sherwood, AR 72120</p> <p>Limited to first 12 per class</p>
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