



www.fiskpt.com

Speed & Agility Classes

Designed specifically to improve athletic performance and overall fitness, these classes will improve:

Running Speed – First Step Quickness – Cutting & Multi-Directional Speed

Vertical Leap – Core Strength – Coordination

Cardio and Strength GPP (General Physical Preparedness) – Flexibility

... AND Reduce Injury Risk

Speed & Agility classes are a fun and challenging workout, and they're the perfect complement to the proven Fisk Performance Training program.

Location: Diamonds Sports Training Academy
3470 Roger B. Chaffee Mem. Blvd. – Grand Rapids, MI 49548
www.diamondstraining.com

Wednesdays 6:00-7:00pm
Saturdays 12:00-1:00pm

Instructor: Casey Fisk and Diamonds' coaches

Duration: One Hour

Cost: ONLY \$15.00 per class

Questions: Call (616) 560-5004