

SPEED & AGILITY LESSON



Become faster on the court! In this class we work on speed, agility, reaction time, and proper running mechanics. Led by one of our nationally certified personal trainers, this class will guide you through a specific program taking your athleticism to the next level. All lessons will be held at the Top Flight Athletic Center 2739 Alft Lane Elgin IL 60124

CLASS DETAILS

1. Injury Prevention Techniques
2. Proper Running Mechanics
3. Correcting Inefficient Movement Patterns

Registration is required by using our on-line registration system.

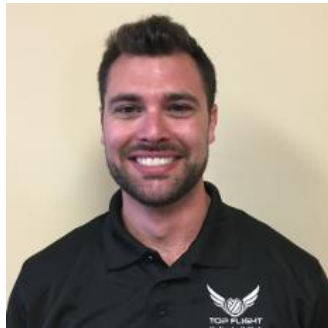
Program start dates and times may change depending on the amount of registrations.

REGISTRATION & QUESTIONS

[CLICK HERE TO REGISTER FOR A CLASS](#)

We do not offer prorated amounts for classes, camps or leagues. There are NO refunds given once a class has begun.

All questions can be directed to the following staff members:

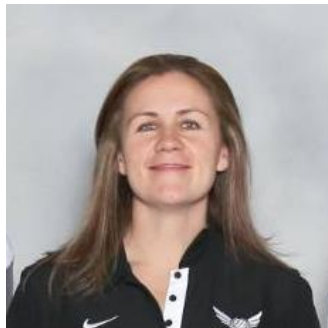


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