

# SPEED & AGILITY

Are you ready to leave your competition in the dust? Our Speed Training Program is your ticket to unlocking unparalleled speed, agility, and explosive power. This program goes beyond conventional workouts, focusing on the crucial elements that define true speed. >>>

- 10 YEAR OLDS & UP
- 6 WEEK SESSION
- SUNDAYS@ 10-11AM, 11-12PM
- STARTS DEC. 3, 2023

**\$30**  
/SESSION

**PAC**  
POWERBALLERS  
ATHLETIC CENTER

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