

train for
more

Speed

Agility

Quickness

for your
fall sport

2 Sessions:

Session 1: August 3-7

Session 2: August 24 -28

Days: Mon - Fri

Time: 10:00 a.m. - 12:00

Cost: \$250/session

limited space available



37 Danbury Rd., Wilton
moorept.com

Call 762-2903 to register!

Complimentary Movement Screen for each participant

- **Participants will learn proper movement mechanics to run faster and be more agile!** ●