



Speed, Strength & Conditioning

Specially Designed Sports Performance Sessions
For Legacy Soccer Players

July 6 - July 29

Tuesdays & Thursdays

Ages 12-16

5:00 - 6:15 pm

\$145

space is limited to sign up today

Sessions are geared towards:

- **Speed development through learning movement mechanics**
- **Power development**
- **Change of direction speed**
- **Injury Reduction and Core Strength**

For more information, contact Tina Keasey tkeasey@tpmgpc.com or Ellen Womeldorf
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