

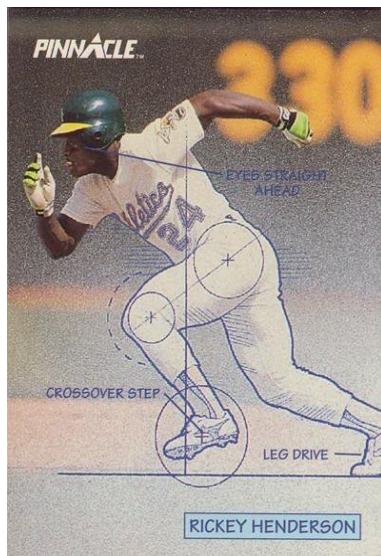
SPEED CAMP

Be the best ATHLETE you can be!!!

Speed drills and techniques to get you running faster.
Agility exercises to improve your first step quickness and lateral quickness.

Strength - Body Weight Exercises, weight and resistance training.
Pilates and Yoga techniques help prevent injury
and maintain flexibility.

Coordination - Footwork and Hand Eye Training.



We utilize drills and exercises from all sports to create better Athletes.

**Get Stronger
Run Faster
Gain Flexibility
Better your Footwork
Perform Better!**

Classes Running Now!

Every Thursday from 6:30-7:30

\$35 / session. 10 Pack \$300

For Serious Players Only Ages 12+

**LONG ISLAND MARINERS
Sports Academy**

