

SPEED, STRENGTH & AGILITY TRAINING



Group workout focusing on the total athlete!

Exercises to work on footwork, balance, cardio, jump strength and explosive movements used across multiple sports. Whether you're in season or preseason, this class will get you moving faster and jumping higher!

This training is for all Athletes 11 years old and up...

WEDNESDAYS 7:30 to 8:30 p.m.

Session 1

2/20, 2/27, 3/6 & 3/13

Session 2

3/27, 4/3, 4/10 & 4/17

All sessions held at the Arlington Rec Center
2201 Salisbury St. Pittsburgh, PA 15210
412.488.8397

To register e-mail: citisports@pittsburghpa.gov



CITIPARKS

City of Pittsburgh
Department of Parks & Recreation