



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GET STRONGER. FASTER.

## SPEED & AGILITY TRAINING

FEB 26-APR 8 • TUES & THURS 4-5:30 p.m.

TRAIN FOR ANY SPORT ~ Focus on base strength and body weight exercises, as well as workout drills for agility, speed, quickness, core and reaction-time, plus partner-resisted weight-training drills, using plyo boxes, medicine balls, jump ropes, ladders, agility parachutes, resistance bands, and more...

FEE ~ \$125 • 20TH AVE YMCA

BOYS  
& GIRLS  
AGES  
11-17

OSHKOSH COMMUNITY YMCA • 230-8439 • 3303 W. 20th Ave. • [www.oshkoshymca.org](http://www.oshkoshymca.org)