

# **Speed & Agility Workshop**

**September 23, 2010**

**Cost \$45** (plus HST)

## **Attention Coaches:**

Let Maria Mountain teach you simple drills that can build the foundation for speed and agility for young athletes.

For more information please visit:

[www.revolutionconditioning.com](http://www.revolutionconditioning.com)

To register please call: 519-661-2111 x83090

