

S.P.E.E.D. — Building the next generation of strong, healthy kids.

GENESYS
ATHLETIC CLUB

S.P.E.E.D.

Sports Performance, Education, and Early Development

Fall 2011 Begin Sept. 17 –End Dec.17

(12 Weeks)

When: Saturdays 10:00—11:00 a.m.

Cost: \$144 (member), \$174(non-member)

Walk-in rate \$14(member), \$16 (nonmember)

Off the Weekend of Thanksgiving.

S.P.E.E.D. is a unique program that is designed to accommodate all individuals. The program addresses key foundation exercises that ensure proper body alignment and posture. Focus is on building confidence through structured physical activity. It introduces strength training fundamentals, speed and agility techniques for improving overall strength and conditioning. Basic nutrition is introduced.

FOR MORE INFORMATION CONTACT:

Edwin “Skip” Skipper, CPT
810.606.5051 ext. 34153
Cell 810-223-3460

**To register, please stop by or
contact the service desk
810.606.7300**

801 Health Park Blvd.
Grand Blanc, MI 48439
www.genesysathleticclub.com

