

The Huntington MCA

SPEED & AGILITY CAMP 2009

- 60 minute Intense sessions 3 days per week
- Monday, Wednesday and Friday's beginning **June 8 – July 17.**
- Open to ALL individuals ages 12-18.
YMCA membership **NOT REQUIRED!**
- Includes training at such facilities as:
 - YMCA May Building
 - YMCA Huntington Building
 - YMCA Kennedy Center
- Multiple training packages available:
 - 3 sessions for \$75 (\$25 each)
 - 9 sessions for \$200 (\$22.22 each)
 - 12 sessions for \$240 (\$20 each)
 - 18 sessions for \$300 (\$16.66 each)
- Perfect for the young athlete looking to take their game to the next level!!



Also available for off-site training. Call for team prices!

Instructors

Brandon Anderson, ACE Certified Personal Trainer

Mike Callanan - B.A. in Exercise Science

Brian Leggett, BA in Exercise Science,
Former Marshall University Football starter

For More Information or to Register Contact:

Sabrina Conley, CHFS, MS, Health & Wellness Director
304.525.8127 ext 41
sconley@huntingtonymca.org