

Ages 12 & Up

PrepAIR to Play

Develop Speed, Agility and Quickness



Our PrepAIR to Play Speed, Agility and Quickness (SAQ) Training program develops an athlete's physical and mental skills to improve performance on the field or court. Athletes will perform high level drills under the direction of experienced trainers using proven techniques to improve SAQ.

Each Friday June 9-June 30, 6pm-7pm

Call today to register!

724.752.0802 1807 Mercer Road Ellwood City myairfitness.com

**\$25 per 4 week
session**

air
physical therapy
and fitness