



# La Vita Youth **Speed & Agility**



**New  
options  
available!**



## **Speed & Agility**

**Ages 12-18**

Speed & Agility will push you to the next level and help you reach your goals. A strong focus on proper movement and technique will reduce the risk of injury and enhance athletic performance.

### **Training focus:**

- **Lateral and Horizontal Speed**
- **Agility and Reaction Timing**
- **Core and Balance Training**
- **Acceleration and Coordination**
- **Flexibility**
- **Team Building**
- **Pre/Post Evaluation**

### **Monthly Classes**

Call 608-566-1846 for current class offerings.

(4) 45-minute classes/month:  
Member: \$30 Non-member: \$50

Class Size  
Minimum: 4

### **Team/Individual Specific Training**

Set up workouts individually or with your team at a time that is convenient for you. Workouts will be designed based on your team/individual goals.

Team: (Minimum 4 athletes)

(8) 45 minute Sessions:

\*price per person

Member: \$72

Non-member: \$124

Individual:

(4) 45 minute Sessions:

Member: \$100



**LA VITA**