



Power Alley Speed and Agility

The Power Alley is please to announce the launch of the new speed and agility class, now being offered for the 2017 season

Main Focus:

- Proper footwork
- Agility
- Acceleration
- Explosive power
- Strength/Endurance
- Sport Specific Training

Classes starting now!

Small group type class (5-8 athletes)

Team Training Available

first come first serve

To reserve a spot or have a question please contact

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