

SPEED, AGILITY, POWER

B . E . F . A . S . T .

Program Details

10 sessions:
Wednesday(s):
January 2nd thru Mar
6th

Youth: 6– 6:45 pm
High School: 7-8 pm

High Point Aux Gym

Email to Register

Checks payable to:
Explosive Speed Per-
formance (XSP)



Athletes will learn fundamentals of speed and agility training, increase strength and core stability, improve dynamic movement and enhance overall athletic ability on the field or court.

William Cosentino, NSE CPT

American Red Cross Instructor

xsper4mance@gmail.com