



# High Intensity Training

## Weekly Programs

### HIT Speed and Agility

Dates: Every Saturday starting January 7

Time: 4-5pm

All Ages

### HIT Strength and Conditioning

Dates: Every Thursday starting January 5

Time 7-8pm

Ages: 12 and Up

**Price: \$20 per session**

**Pay for 5 sessions up front and get the 6<sup>th</sup> FREE**

To register or with any questions please contact JTB at (248) 853-BALL

