

**FASTATHLETE**  
**FAST TRACK**  
*Track Athlete Performance Program*

Are you a track athlete?  
**THIS CLASS IS FOR YOU!**



- Develop Strength and Power
- Increase Speed, Agility, and Quickness!
- Build Stamina and Endurance!
- Improve your Acceleration!
- Dominate the Competition!
- Prevent Injuries!



**February 1st - March 10th**  
**When:** Mondays and Wednesdays  
**Where:** Centre Ice Community Room  
**Time:** 4:30 to 5:30pm  
**Cost:** \$84 for 12 sessions  
**To Register Contact:**  
**(231) 932-9014**

Please wear athletic clothes and shoes!

Please bring water bottle!

**BE READY TO WORK HARD!**