



Strength and Agility

Does your athlete want to be quicker, stronger and more competitive? This one hour workout will challenge their abilities and help them reach their goals.

Workouts Include:

- QUICKNESS DRILLS
- BODY-WEIGHT STRENGTHENING
- PLYOMETRICS
- CORE STABILITY TRAINING

Designed by strength and conditioning coaches, physical therapists, and athletic trainers. Taught by ex-collegiate athletes. This is the workout your athlete needs to safely get to the next level!

1-HOUR WORKOUTS

SUNDAYS

7:30pm

\$10/session

THECORE PHYSICAL THERAPY
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