



# SPEED AND AGILITY

**CHAMPIONS ARE BUILT, NOT BORN!**

*This program will focus on  
change of direction, quick  
feet and explosive power.*



**Program starts Tuesday, January 19th**

**Game Ready Fitness Cloverdale**

#104 – 18485 53rd Ave., Surrey

**5:00 – 6:00 pm**

Every Tuesday & Thursday (twice a week)

**\$99 per month**

**Ages: 10 & up**

**LIMITED SPOTS (first come, first serve)**

For more info call Coach Will @ 778-987-1818

**Register at [www.gamereadyfitness.ca](http://www.gamereadyfitness.ca)**