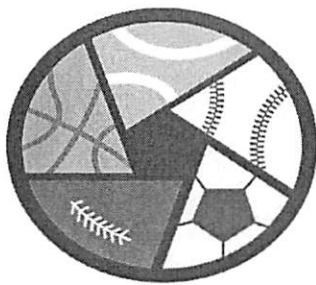


POWER UP

YOUR SUMMER

Join CT Sports and Fitness for a summer long, youth athletic development program designed to improve speed, agility and strength while preventing injury.



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AGES 9 TO 12

DAYS AND TIMES

June 25 - August 16

Mon., Tues., and Thurs.

5 p.m. - 6 p.m. or

6 p.m. - 7 p.m.

PRICE

\$199 for 8 weeks

Up to 3 sessions per week!

PROGRAM

Speed and Agility

Strength and Power

Flexibility and Mobility

Developmentally
appropriate for youth and
most importantly, FUN!

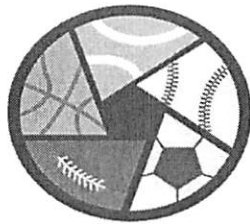
CONTACT US FOR MORE INFO.

860-266-6030

60 Village Place,
Glastonbury, CT

MAKE THE CUT **SPORTS PERFORMANCE TRAINING**

Join CT Sports and Fitness for a summer long, strength and conditioning program. Designed to improve everything from speed and agility to power and injury prevention.



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THE-CUT-TICKETS-45552466654](https://www.eventbrite.com/e/make-the-cut-tickets-45552466654)**

AGES 13 TO 19

**DAYS AND
TIMES**

June 25 - August 17
Mon., Tues., and Thurs.
4 – 5 p.m. or 5 – 6 p.m.
or
Mon., Wed., Fri.
9 – 10 a.m.

PRICE

\$299 for 8 weeks
Up to 3 sessions per
week!

PROGRAM

Small group training with
an individualized
program to fit each
athlete's needs.

Strength and Power
Speed and Agility
Flexibility and Mobility

**CONTACT US
FOR MORE INFO.**

860-266-6030
60 Village Place,
Glastonbury, CT