



# SSA

## SPEED, STRENGTH & AGILITY

**SPEED**-the ability to move your body swiftly

**STRENGTH**-the building and toning your muscles

**AGILITY**-the ability to control the direction of your body

Our goals will be to strengthen muscles, increase energy, improve flexibility, reduce injury, improve reaction time, develop core strength and increase speed.

We will do this through the use of free weights, circuit training, agility drills, dynabands, plyometrics, isometrics and much, much more.

### Ages 10 to 15

#### **Saturdays Fall 2 11/12 – 9:30 to 10:30 a.m. – 5 Classes**

11/12, 11/19, 12/3, 12/10 & 12/17 (No class on 11/26)

FEE: Members \$65 / Non-Members \$85

#### **Tuesdays Fall 2 11/15 – 7 to 8 p.m. – 6 Classes**

11/15, 11/22, 11/29, 12/6, 12/13 & 12/20

FEE: Members \$80 / Non-Members \$100

**Registration can be done in-person at the Center or over the phone at**

**973-228-7665.**

[www.caldwell-nj.com](http://www.caldwell-nj.com)

Caldwell Community Center - 1 Provost Square - Caldwell

