

SPEED & AGILITY CLASSES

with KC Royals

Strength Coach Joe Greany

We're excited to announce that **Kansas City Royals Strength and Conditioning Coach Joe Greany**, one of the brightest young minds in the sports performance field, will on staff this winter to head our Speed & Agility Classes.

Join us at our **Open House on Monday, November 30th** and see how his program can help you improve your on-field performance. Coach Greany will run two classes at the Open House (\$10 to participate in the class or come and watch for free):

5:30-6:15 pm (ages 7-12)
6:15-7 pm (ages 13-18)

Classes start on
Monday, January 11 and run through March 1st.

5-6 pm: Ages 7 through 12 (8 Openings Left)
6-7 pm: Ages 13-18 (3 Openings)
7-8 pm: Ages 13-18 (7 Openings)

Coach Greany's Eight-Week program is designed to help you maximize your athletic potential, reduce the risk of injury and develop positive training habits.

\$250 (8-week session)

Player's Name: _____ Age _____ Sport(s) Played _____

Home Address: _____ City: _____ State: _____ Zip: _____

Phone: (H) _____ (C) _____ E-mail: _____

____ 7-12 year old 8-Week Session (\$250)
____ 13-18 year old 8-Week Session (\$250)

Please Mail registration to:

Pro Prospects
96 Cold Spring Rd
Monticello, NY 12701

For Credit Card Payment by Phone, call us at (845) 791-1749 or fill in your card information below:

Credit Card Type: _____ Credit Card#: _____ Exp: _____