

Girls FALL SOCCER PERFORMANCE TRAINING



STRONG GIRLS. STRONG LEADERS.



SEE IMMEDIATE IMPROVEMENTS

- Form & Quickness
- Overall Agility
- Confidence
- Direction Change Speed

Wednesdays, 5:30-7:00pm @ BRSC

Starts September 7th thru December

ONLY \$10/SESSION - REGISTRATION NOT NECESSARY



**For More Information On Either Program
Contact Kelly: Kelly@SimplyUGirl.com**

ADULT BOOT CAMP

**Wednesdays
7-8pm @ BRSC**

**Get Fit While
The Kids Are
At Practice!**

\$15/SESSION