



*presents*

# SPEED <sup>360</sup>

**February 18 - March 13, 2014**

**Tuesdays & Thursdays 5:00 - 6:00 pm**

**Designed to help athletes improve:**

- Linear Speed
- Agility and footwork
- 1st step acceleration and quickness
- Athletic conditioning

**For Middle and High School Athletes**

Taught by the Brian McGivern  
Coordinator of Strength and Conditioning  
Loyola University

**\$80 for 8 classes**  
Drop in for \$15 a class

**SPACE IS LIMITED. SIGN UP TODAY!**

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