

Grit Academy Power and Agility Camp



Dates: Every Sunday beginning January 10th-March 7th

Feb 7th no class for superbowl

5pm-6pm

1180 Tidwell Road, Alpharetta 30004

Speed, Agility, Power and Strength Classes

For athletes of all ages!

1 day a week for 8 weeks

\$150 total

Price includes:

***Hosted by professional instructor with degree in Kinesiology and
Exercise Science**

***Strength Assessment Weeks 1 and Week 8**

***Different Weekly Take home training programs each week**

***Limited class spots for covid safety and social distancing ***

**Sign up by contacting Grit Academy Athletics via email at
gritacademyathletics@gmail.com or phone at 678-770-9976**



