

Group Power and Agility Classes

The Group Power and Agility classes are designed to improve power and quickness. Progressions through a plyometric (jump training) program and a variety of agility drills help athletes of all ages improve and prepare for their sport.

WHO SHOULD PARTICIPATE?

Any athlete who participates in a sport that requires agility, quickness and power can benefit from these classes. The classes are also appropriate for anyone who has already had ACL reconstructive surgery and wishes to advance their quickness and plyometric ability for their return to their sport.

WHAT TYPES OF EXERCISES CAN YOU EXPECT TO PERFORM?

A variety of agility drills, single and double leg jumping, dynamic flexibility and lower extremity strength exercises train athletes to improve their quickness, power, and neuromuscular control. Improved neuromuscular control has been identified as a key factor in injury prevention for both male and female athletes.

WHERE ARE THE CLASSES BEING OFFERED?

- BRIGHTON: Clinton Crossings, 4901 Lac de Ville Boulevard, Building D, Suite 110
- GREECE: 10 South Pointe Landing, Suite 100

WHEN ARE THE CLASSES OFFERED?

- BRIGHTON: Tuesday, 6:30 – 7:30 p.m.
- GREECE: Monday, 6:45 – 7:45 p.m.

HOW MUCH DOES IT COST?

\$15.00 per person, per class. The number of participants is limited.

FOR MORE INFORMATION AND TO RESERVE YOUR PLACE, PLEASE CALL:

- BRIGHTON: (585) 341-9150
- GREECE: (585) 225-6296