

Active Athletic Acceleration Program New A3 Program For Teens 12-18

Are you looking to:



- **Get faster & stronger?**
- **Maximize your athletic potential?**
- **Protect yourself against injury?**

For teens who want to improve their overall athletic performance, Active Body & Health's new **A3 Program** begins June 13th. The Active Athletic Acceleration Program (A3 program) was developed to train teen athletes to reach peak levels of fitness and stay healthy throughout the competitive season.

Benefits of the program include:

- Increase speed & agility
- Increase core stability & flexibility
- Build an aerobic base
- Increase strength & muscular endurance

Classes begin June 13th

The cost of the 6-week program is \$250, \$225 if you bring a friend!
Classes will run for 1.5 hours and will be held Wednesdays at 4:30 pm and Saturdays at 12:30.

To register or for more information, contact Active Body & Health at 410-518-6566, www.activebodyandhealth.com, or debivincen@verizon.net



"Training with Dave and Debi at Active Body & Health helped our son to strengthen all the muscles necessary to raise his game to the next level. After training with them for just over a month he noticed that he was stronger, more explosive, and had much better endurance."

Dave Rosenthal, client of Active Body & Health



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