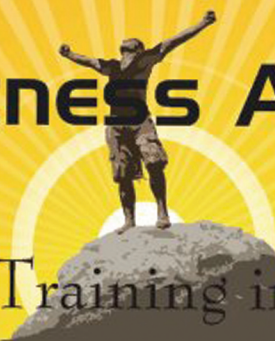


Mental Sports and Fitness Academy

Hard Work Works!! Elite Speed Training in Gilbert, AZ



Speed and Agility Camp

Kids will learn the basics and fundamentals of speed and agility. They will also learn teamwork, sportsmanship, and commitment. We will teach each child the proper way to stretch and warm up to avoid injuries. Kids will go through circuit training throughout the course of the class, competing with other participants. The objective is for each kid to have fun while becoming a better athlete.

\$50

Ages 6-13

**Ranch House Basketball Courts
Thursdays 4:45 - 5:45 p.m.
Feburary 8- March 1**

Learn from Former Pro Coach Carl Richardson
Email crich25@cox.net or call 480-709-6667