

Speed, Strength and Agility Boot Camp is Here!

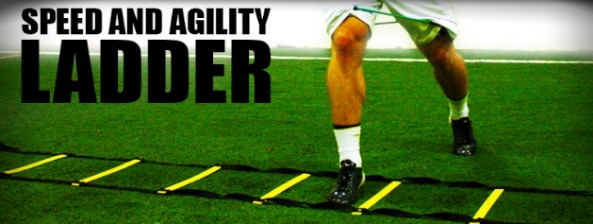


10 Weeks of Intense Training to Improve your overall speed, strength and agility to help you become a better athlete.

Boot Camp Every Saturday starting January 16th, 2021

10:00 AM or 11:00 AM

*Get ready for the season with intense workouts with Carlos Perez to improve your overall athleticism!*



Meets at The Diamond Mine

951 Sand Hill Rd Asheville, NC 28806

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thediamondmine.com