

 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

The Diamond Mine| 828 665-7787 | dchaplain.thediamondmine@gmail.com|

thediamondmine.com