



Summer Soccer Conditioning Program

This supervised series of workouts are designed specifically for each player to increase core strength, speed, flexibility, and learn how to incorporate these elements into your soccer play. It is also designed to help prevent future injury.

The program will run from **June 12th - August 25th** at
Grey Strength & Conditioning Center
101 Phoenix Avenue, Enfield, CT

\$150 for 10 *sessions with your choice of dates*
\$ 250 for 20 *sessions with your choice of dates*

There are limited spots, register early!

Register ***with a friend by June 1st and get 10% off each!***

Please call Kayla or Nikita at Grey Physical Therapy to reserve your spot 860-741-2541.

