

# Sterling's Team Speed

## Adult Soccer Fitness

**\$99 Fall 5 WEEK Program  
(min. of 6 - max. of 10)**

**Monday & Wednesday 6:00-7:00am**

**Session 1: Aug. 10th – Sept. 16th  
OR**

**Session 2: Sept. 21st – Oct. 28<sup>th</sup>**

Looking for a creative way to  
get fit this Fall?

Join Cody for a 5 week Soccer Fitness program!  
Become one with the soccer ball. This class is  
for adults only and will help with your overall  
fitness, improving weekend soccer endurance &  
improved ability to use the ball.

**What to expect:  
2000 Ball Touches/Session  
Conditioning  
Strength  
Agility  
Overall Fitness  
All with a soccer ball!**

For more information, call or email Cody  
817-312-8934 or [cody@teamspeedco.com](mailto:cody@teamspeedco.com)



Join us for  
**5 WEEKS**  
of  
Soccer Fitness  
for  
**ADULTS  
ONLYS!**



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