

FREE CLASS

OPEN TO ALL
PYLUSD
HIGH & MIDDLE
SCHOOL
STUDENTS

GET FASTER, GET STRONGER



Before School Speed & Agility Class Offered at USI

Do you want to improve your athletic performance? Join us for this dynamic class designed to enhance your speed, strength, and overall agility!

**QUESTIONS?
CONTACT US**
(714) 986-7404

What to Expect?

- **Expert Coaching:** Learn from certified trainers who specialize in speed and agility training.
- **Customized Workouts:** Tailored drills and exercises to help you meet your athletic goals.
- **All Skill Levels Welcome:** Whether you're just starting or looking to take your game to the next level, this class is for you!

Why Attend?

- Boost your speed, agility, and athletic performance
- Prepare for upcoming sports seasons
- Meet new friends and teammates

Class Schedule:

- October 7 - December 4
- **Days:** Monday or Wednesday
- **Time:** 6:30 - 7:15 AM or 7:15 - 8:00 AM
- **Location:** Universal Sports Institute (USI)
5350 Fairmont Blvd · Yorba Linda, CA 92886

SCAN THE QR CODE OR CLICK ON THE IMAGE TO SIGN UP



Mondays at 6:30am, 10/7 - 12/2



Mondays at 7:15am, 10/7 - 12/2



Wednesdays at 6:30am, 10/9-12/4



Wednesdays at 7:15am, 10/9 - 12/4

Spots are limited—sign up today!