

ELITE QUALITY SPORTS, LLC
SUMMER FITNESS
STRENGTH, SPEED AND AGILITY BOOTCAMP



Train with top track and field coaches in Montgomery County

Date: June 25th – June 29th

Time: 4:00 pm – 5:00 pm for K-4th

Time: 5:00 pm – 6:00 pm for 5th- 8th

Location: Stone Ridge School of the Sacred Heart

Cost: FREE!!!

Email us at elitequalitysports@gmail.com

***Mention SJB in the subject to get your free week of training**

For more information, visit our website: www.elitequalitysports.com

“Building Athletes The Right Way”

USA track and field certified coaches, CPR certified, VIRTUS trained and years of coaching experience