



# **Boys ONLY Speed & Agility Clinic with the TC Wolves**

FAST will be training the Traverse City Wolves and wants you to join!  
Improve your speed and agility for your upcoming season.  
Kevin Westrick, ATC, and Keith Bandli, ATC, will motivate you through  
exercises that will help your speed, agility and quickness.

**March 11th - April 29th**

**Who: High School Male Athletes**

**When: Thursdays**

**Time: 7pm to 8pm OR 8pm to 9pm**

**Where: Just For Kicks (Located off Hammond Rd. on  
160 Hughes Dr., Traverse City, MI 49686)**

**Cost: \$60 for 8 sessions**

**To Register Please Call:  
(231) 932-9014**

**Questions Email:  
KevinW@FASTFitnessTC.com**

