

# OLD PUEBLO CROSSFIT YOUTH SPEED CLINIC June 2024

Monday JUNE 3rd - Friday JUNE 7th

10:15AM - 11:15AM

Ages 10 - 17 Cost \$100

A clinic designed to improve athletic ability and confidence. This action packed class includes speed and agility drills followed by comprehensive workouts with bodyweight exercises, explosive movements, and strength proponents.



Register Online at

<https://oldpueblcrossfit.wodify.com/OnlineSalesPortal/Home.aspx>