

John B. Campbell Fitness Center

PRESENTS

Team Conditioning Systems'

SPEED THRILLS

A One day Speed Agility and Quickness Clinic

with

Coach Graig White, CEO

Team Conditioning Systems

Saturday June 20th 2009

Field Sports: *Football, Soccer, Lacrosse,
Field Hockey, Baseball, Softball*

Workout from 10:00 to 11:00

Questions and answers 11:00 to 11:30

Court Sports: *Basketball, Tennis, Volleyball*

Workout from 1:00 to 2:00

Questions and answers 2:00 to 2:30

To Sign up contact:

John B. Campbell Fitness Center

118 Walnut Street

Salem, NJ 08879

Phone: (856) 935-7789

