

Athletic Development Specialists

Speed, Agility, Quickness, Strength, Fitness & Conditioning
Private, Semi-Private & Team Training
Combine Prep, Football Lessons



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www.Faster-Athlete.com

Class Schedule Summer 2009
Begins Wednesday June 10, 2009

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Fitness	12:15-12:45	12:15-12:45	12:15-12:45	12:15-12:45			
Athletes to Be Ages 3-5		11am - Noon				10 -11 am	
Kids Klub Ages 5-7		5:30-6:30pm					
Youth Ages 8-12	5:30-6:30	5:30-6:30		5:30-6:30	5:30-6:30	9 - 10 am	
Jr. High Ages 12-15	4:00-5:30	5:30-7	4:00-5:30	5:30-7	4:00-5:30	9-10:30	
Sr.High Ages 16-18	5:30-7	4:00-5:30		4:00-5:30	5:30-7	10:30-Noon	
Speed Camps Ages 8-Adult	11am - Noon	11am - Noon	11am - Noon	11am - Noon	11am - Noon		

Schedule is subject to change

All classes conducted at The ARC, unless otherwise indicated.

The FBCBA Athletic & Recreation Center (ARC) is located on the campus of First Baptist Church, S. 61st and E. 161 St., Broken Arrow
(Just North of Bass Pro Shop)

Appointments required for all classes. Cancellations require 24 hours advance notice.

On-location private, semi-private and team training services are available schedule permitting, let us come to you!
Summer team speed and conditioning class times are available mornings and afternoons through the summer contact us for details.