

TERRIO EDGE

SUMMER 2009

SPEED, AGILITY, AND STRENGTH CAMP

SPEED, AGILITY, CONDITIONING AND STRENGTH WORKOUT: THE OPTIMAL CHOICE!
4-8 WEEKS, 4 DAYS, 2 HR, AGES 12 & UP

SPEED & AGILITY CAMP

SPEED, AGILITY, & CONDITIONING ONLY
4-8 WEEKS, 3 DAYS, 1HR, AGES 12 & UP



JR SPEED CAMP

SPEED & AGILITY DEVELOPMENT
4-8 WEEKS 3 DAYS, 1 HR AGES 6-11

SPORT SPECIFIC SUMMER PROGRAMS

(BASKETBALL, VOLLEYBALL, BASEBALL, & FOOTBALL)

ADVANCED & JR PROGRAMS AVAILABLE
SEE SPORTS SPECIFIC FLYER

BEGINNING JUNE 1ST

The EDGE
3521 Alken St
Bakersfield, CA 93308
Ph (661) 410-EDGE (3343)



FOR INFO OR REGISTRATION
VISIT THE TERRIO **EDGE**
3521 ALKEN ST.
661-410-EDGE (3343)
REGISTRATION FORMS CAN
ALSO BE FOUND AT YOUR
LOCAL

TERRIO THERAPY-FITNESS, INC.
OR ON-LINE AT
WWW.MYTERRIO.COM

