

Athletika Sports and Fitness

Speed and Agility Training

We believe every athlete deserves the opportunity to improve their current abilities, prevent injury, increase their love of sports, and gain a better understanding of their overall health and potential.

In order to achieve these goals we believe that the proper combination of education and training is the ideal way to facilitate the long term success for all athletes.



Main emphasis of classes:

- Running mechanics
- Sport specific footwork
- Linear and lateral speed development

Drop-in, classes and memberships available

New Classes forming every hour
Monday-Friday 5pm–8pm
Contact for availability

Tel: 734-744-5636
www.athletikasports.com

