



ILLINOIS BONE AND JOINT INSTITUTE

Speed and Agility Training

IBJI is proud to offer speed and agility training! With the increasing competitive nature of sports, speed and agility are critical to improving performance. Training will allow athletes to move quicker, faster, more efficiently, and with more power. Each session will be sport specific and individualized in order to meet all of the athlete's goals.

Training will be performed by Stephen Weidner, Certified Athletic Trainer and Performance Enhancement Specialist. Classes will include the following:

- Increased efficiency with sport-specific movements
- Better understanding of developing speed and agility
- Home program to continue to expand skills
- One-on-one training
- Free injury evaluations
- Injury prevention programs

See the other side for locations and scheduling information



Location

1919 Skokie Valley Road
Highland Park, IL 60035

All participants need to wear gym shoes and workout apparel.

Packages are available for teams and individuals. Please call or email for pricing and further information.

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