

# Middle school & JV Football Performance Training

**OKC's Strength & Conditioning Headquarters**

**Teams & Individuals / NCAA Coaching Staff**

**Combine Prep & Testing / Speed & Agility**

See our site for "Semester Team Pkgs" and \$AVE!

**Improve your:**

**Speed-Strength-Agility / 40 yd. dash  
Vertical Jump / Pro-shuttle / 1<sup>st</sup> step**

**Year-round Sports Performance Group Classes:**

Join as an individual or group M-Tu-W-Th (60 mins.)

4:30 pm / 5:30 pm / 6:30 pm / Saturdays 10:30 am

1-on-1 private, Team, Team mates & Skill training available 24/7



**Denny Bonewitz**

(Strength & Conditioning Coach)

UNIVERSITY OF NORTH TEXAS

UNIVERSITY OF NEW MEXICO

UNIVERSITY OF CALIFORNIA

UNIVERSITY OF HOUSTON

NIKE COMBINE COACH



North OKC / Edmond: 940-391-3711

**EdgeSportsFitness.com**