

need an edge?



Speed, Agility, and Quickness Camp

Monday, Wednesday, and Friday mornings July 5th through August 2nd

\$219 Essex residents / \$239 non-residents

for more information: call 861-0111 or visit www.rehabgym.com

to register: go to www.essex.org and click on Town Departments → Parks and Recreation

o bodies in motion

THE REHAB



stay in motion

www.rehabgym.com

“the more you sweat in practice, the less you bleed in battle”