



FSQ
Sports Training

**TAKE YOUR GAME
TO THE NEXT LEVEL!**

Train with some of the **TOP STRENGTH COACHES**
in Western PA with over **30 years of experience**
ranging from **Youth to Professional Athletes!**

We have classes for athletes of
✓ **ALL Ages** ✓ **ALL Training Levels**

**TRAINING PROGRAMS
DESIGNED TO IMPROVE:**

**LINEAR SPEED
POWER
AGILITY
QUICKNESS
STRENGTH
FLEXIBILITY
CORE STRENGTH
INJURY PREVENTION**

Contact
Owner:

Tim Cortazzo

FirstStepQuickness@Gmail.com
724.493.0341 *TimCortazzo.com*

123 MURRYSVILLE RD. LEVEL GREEN, PA 15085

FSQSPORTSTRaining.COM



@FSQ_SPORTS