

Come train with a tandem on a mission. Coach Khari Glover and Kenney Bradley provide an environment that allows athletes to take their game to the next level. At Embrace we strive to enhance our athletes' performance through functional movement training geared to helping you achieve your goals.

Khari Glover
Cell: 908-907-2085
Kenney Bradley
Cell: 908-930-1396
Email:
embrace.performance.1@gmail.com
Follow Us On Social Media
@EmbracePerform

EMBRACE
PERFORMANCE



REGISTER TODAY FOR JYFC'S... SPEED AND AGILITY CAMP 2023

LOCATION: 133 Manhattan Street (JYFC Field)

DATES/TIMES: Monday and Wednesday 6-8PM

AGES: OPEN TO ALL BOYS AND GIRLS 7-14

DATES: June 5 – July 19th, 2023

COST: \$50 per participant

OPEN to
ALL
Athletes



STAFF: QUALIFIED AND ACCREDITED JYFC COACHES WILL BE JOINED BY SEVERAL PERSONAL TRAINING COACHES FROM **SETS** and **EMBRACE** AND THE HIGH SCHOOLS.

FOOTBALL CLINIC DATES: ATTENTION all Football Players...

Stay tuned for specific Jackson Liberty HS and Jackson Memorial HS Coach Participation dates and more details on Sport Specific training during this camp.

SIGN UP ONLINE AT: www.jackson-jaguars.org