**Get in Gear**

**“Level up or Double up”**



**Contact Information**:

Kionna Agnew  
 Address: 317 Cambridge Street  
 Phone number :(803)387 5681  
 Email:Getngearwithk@gmail.com

**Brief Description**

* My service Get in Gear is for track runners that need help maximizing their full potential.
* If you don’t know anything about track I am here to teach you the techniques and the basics.
* I provide the equipment that will be needed for our sessions
* Sessions only $30/hour

**Get in Gear**