



SUMMER SPORTS SPECIFIC TRAINING

TAKE YOUR GAME TO THE NEXT LEVEL!

ANY ATHLETE, ANY SPORT, ANY LEVEL

**FOCUSING ON THE FUNDAMENTALS OF BUILDING STRENGTH THE RIGHT WAY,
OUR SUMMER PROGRAM IS DESIGNED TO IMPROVE:**

SPEED & AGILITY

STRENGTH

POWER

ENDURANCE

INJURY PREVENTION

EXPLOSIVENESS

Our exercise physiologists excel in working with athletes

CALL OR EMAIL FITNESS@PEAKPTFITNESS.COM



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