

# PEAK PERFORMANCE FITNESS

## SUMMER STRENGTH & CONDITIONING PROGRAM

BY: PEAK PERFORMANCE

### TAKE YOUR GAME TO THE NEXT LEVEL!

Any athlete at any level can improve and we are here to help!



HOW CAN YOU GIVE YOUR KIDS AN EDGE ON THE COMPETITION?

Do you want to **run faster**?

Do you want to **jump higher**?

Do you want to **move quicker**?

**COST:**

**\$375**

OR TRAIN WITH A FEW FRIENDS AT REDUCED RATE

OUR SUMMER PROGRAM IS DESIGNED TO IMPROVE:

- › STRENGTH
- › ENDURANCE
- › EXPLOSIVENESS
- › SPEED & AGILITY
- › POWER
- › INJURY PREVENTION

**4 WEEK PROGRAM INCLUDES TWO PERSONAL TRAINING SESSIONS / WEEK AND FULL USE OF FACILITIES**

**CALL OR EMAIL [FITNESS@PEAKPTFIT.COM](mailto:FITNESS@PEAKPTFIT.COM) FOR DETAILS**