

>>> Adult Fitness Training at SVSP

DEFINING SPORTS PERFORMANCE >>>

Work hard. Play hard. Train hard... & smart.

- > Get off the elliptical and train more efficiently
- > Train movements not muscles
- > Active adults need similar attributes as professional athletes
 - > Strength: increase the distance of your tee shot
 - > Mobility: increase your movement efficiency
 - > Stability: decrease the risk of low back pain
 - > Stamina: dominate the last set in tennis
- > Training Times/Days
 - > Tuesdays & Thursdays
 - > 6:00am or 6:00pm
- > Location: SVSP West
 - > 8227 Northwest Boulevard, Suite 160, 46278
- > Cost: \$20/one hour session
- > Call 317-417-5747 to register
- > DefiningSportsPerformance.com

