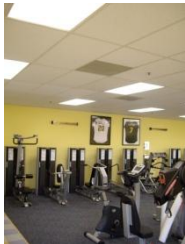




Sports Performance and Injury Prevention Program



Summer Circuit

Come train to be injury resistant!



What you get:

- An intense four week program taught by trained professionals
- Two sessions given each week for a total of eight workouts.
- We measure performance with pre and post class measurements of:
 - Vertical jump
 - Core strength
 - Flexibility
 - Speed and Agility

When it is:

Two four week sessions available

- #1- June 21st to July 23rd, 2010

OR

- #2- July 26th to August 20th, 2010

Choose an AM or PM class

- Tuesdays and Thursdays 7-8am

OR

- Tuesdays and Thursdays 6-7pm

What it costs:

- \$99 per four week session*
*15% discount offered for members of the gym program

SIGN UP TODAY! SPACES ARE LIMITED.

Our performance program empowers the young athlete to:

- Jump to the next level of athletic performance
- Learn good training habits
- Increase core stability
- Increase upper and lower extremity strength
- Improve balance
- Reduce risk of a injury
- Develop the discipline and knowledge to train independently
- Become a smarter, more confident athlete

We emphasize:

- Sports-specific body mechanics
- Body control
- Multidirectional movements
- Developing movement efficiency and quickness

For more information:

Sports Medicine Center for Young Athletes
100 N. Wiget Lane, Walnut Creek CA 94598

Phone: 925-988-0100

www.sportsmedicineforkids.com