

# T3

## PERFORMANCE

# AT AHUJA MEDICAL CENTER

» UH Drusinsky Sports  
Medicine Institute

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Free Trial!



## PROGRAMS WE OFFER

### Strength For Life 18+

Starting at: \$19.50!

50 min strength based training class for adults that focuses on proper weight training techniques to build strength, with metabolic conditioning.

### College/Pro Performance Group Training 18+

Starting at: \$15!

90 min Elite performance group training for college and professional athletes. Focuses on developing the speed and strength necessary to perform at the highest level. Training runs the entire summer.

### Athlete Performance Group Training 12-18

Starting at: \$26!

75 min performance training class that incorporates speed, strength and functional core training. This class builds resilient, durable athletes.

### Speed Camp 12-18

Starting at: \$25!

Large group 60 minute sessions, 3x a week, focused on speed development. Class focuses on all explosive movements.

### Small Group Personal Training

Starting at: \$65!

60 min Private Group sessions with 3-8 members. Featuring individualized speed and strength training programs to meet each individuals needs.

### 1-on-1 Skill Lessons

Starting at: \$50!

Receive individualized lessons from top notch coaches that will focus on your particular needs.  
**Football | Baseball | Basketball.**

