

SPORTS MEDICINE PROGRAMS – September 7 to October 30, 2010

HP: High Performance Training



This program is developed for the athlete who wishes to have a customized program in a 4:1 ratio with a coach. During each hour timeframe a coach will have 4 athletes each working on their own individualized programs. The coach will provide exceptional programming; motivation, encouragement and proper queuing to ensure all exercises are performed effectively and efficiently. Focus is on each athlete's goals combined with their fitness test results in order to achieve optimal results.

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 PM						
6:00 PM	HP		HP		HP	10 AM HP
7:00 PM						11 AM HP
8:00 PM	HP	HP	HP	HP		

Pricing: All prices subject to HST

High Performance Program HP= \$35/session

Check your Extended Health Care plan today to see if you have Athletic Therapy coverage.