



Development sports performance programs

Are you ready to take your technique to the next level? **Human Performance Center** offers development sports performance training packages for athletes. Our methodology focuses on increasing overall athleticism through speed, change of direction, multidirectional power, strength, injury reduction (mobility, stability, and flexibility), and energy systems development.

Jump Start (8 to 11 years old)

Sessions	Month to Month/In Full
1 x per week	\$125/\$300
2 x per week	\$150/\$325
Unlimited	\$175/\$400

Monday – Friday

11 a.m. – Noon
2 – 3 p.m.
5:30 – 6:30 p.m.

Saturday

11 a.m. – Noon

Development (12 to 14 years old)

Sessions	Month to Month/In Full
1 x per week	\$125/\$300
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Monday – Friday

10 – 11 a.m.
1 – 2 p.m.
4:30 – 5:30 p.m.

Saturday

10 – 11 a.m.

Advanced (15 to 18 years old)

Sessions	Month to Month/In Full
1 x per week	\$140/\$325
2 x per week	\$200/\$450
Unlimited	\$250/\$525

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Sign up today.
For more information,
call 903.606.8855





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Sport Performance Program

Are you a high school athlete looking to up your game? **CHRISTUS Institute for Healthy Living** offers advanced sports performance training, tailored to YOUR specific goal. If you want lean muscle mass, increased strength, greater speed or higher jumps, our programs are personalized for YOU!

June 9 – 26 (Mon. – Thurs.) Noon – 1 p.m.

For athletes ages 12 to 18

You'll receive:

- A free t-shirt
- Sport specific assessment and training protocols
- Body composition testing

Small group training prices

- One session - \$15
- 12 session package - \$150

60 minute training sessions

Focused on:

- Movement preparation
- Speed and change of direction development
- Power and strength development
- Energy system development
- Recovery

For more information, call
903.323.6507 or email us at
ihealthyliving@christushealth.org



**SIGN UP
TODAY**

 **CHRISTUS® GOOD SHEPHERD**
Institute for Healthy Living



Conquer the competition

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- Energy system development
- Recovery

For more information, call
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ihealthyliving@christushealth.org



**SIGN UP
TODAY**

 **CHRISTUS® GOOD SHEPHERD**
Institute for Healthy Living