



EVERETT PHYSICAL THERAPY
SPORTS PERFORMANCE CENTER, LLC
AN IRG AFFILIATE

Adult Sports Fitness Classes

Monday Wednesday Friday 6:00pm- 7:00pm
Tuesday – Thursday 6:30am- 7:30am

Train like the Everett Silvertips Hockey Club in our world-class sports performance enhancement program. Our performance team is committed to helping you take your game to the next level. No fads. No gimmicks. Just high-energy, action-packed training programs that make all others seem monotonous and routine.

Train under our direct supervision in our ***Athletes' Matrix Lifts***. These highly specialized training programs are specifically engineered to maximize the 3-dimensional, multi-directional, and explosive properties of athleticism.

This unique training also covers:

- Dynamic Flexibility
- Speed
- CORE
- Power
- Posture
- Agility
- Balance



Call to schedule

425-252-3908

www.everettpt.com

**Everett Physical Therapy &
Sports Performance Center**
1509 Hewitt Ave.
Everett, WA 98201
425-252-3908

\$80.00/month
Unlimited
Classes