

# Speed Strength Power Fitness Training

Pro athlete, student athlete, weekend warrior or just someone that wants more out of life... We have the program for you!

## SPEED, AGILITY & QUICKNESS TRAINING

We offer world-class *SPEED & AGILITY* programs for all ages, all sports and all levels of activity. Whether you are an elite athlete, student athlete or weekend warrior, we help you get the edge on your competition by maximizing your speed, agility, core and balance. You cannot afford to wait! Sign-up now and receive your first session free.

## ATHLETES STRENGTH & CONDITIONING

Our strength program is developed specifically to enhance your athleticism. Athletes in our program experience explosive strength and power, mental toughness and reduced injuries. We take careful consideration to age, youth development, maturity and level of competition to provide safe, fun and motivating training environment.

## MEN'S & WOMEN'S ADULT SPORT FITNESS

No fads. No gimmicks. Just high-energy, action-packed training programs that make all others seem routine. Train under our direct supervision in our *Athletes' Matrix Lifts*. This highly specialized training program is specifically engineered to maximize the 3-dimensional, multi-directional, and explosive properties of fitness.

## MOM'S IN MOTION

High action packed training. Train under our direct supervision for this specialized training program which is specifically engineered to maximize body sculpting, core strengthening, balance training and posture. Included in the program one free one hour nutritional class taught by Julie Mahler, MS, RD, CD, Registered Dietician.

## YOGA CLASSES

7:30-8:30 AM Mon/Wed

Increase your flexibility & mobility, strength, improve posture and spinal alignment. Decrease stress and anxiety. An excellent class for all ages.

## PRECISION CYCLING CLASSES 6:30-7:30AM Mon/Wed

High Energy Indoor Cycling to increase your endurance and blast the FAT!

## ULTIMATE GOLF TRAINING

Train your body for the demands of a killer golf swing. This specialized training program is specifically engineered to maximize power and efficiency with your golf swing and reduce injuries.

## INDOOR FULL SIZE BATTING CAGE

Use the state of the Art Performance Training Facility. Full size batting cage rental available Monday-Sunday. \$50.00 per hour.



**\$80.00/month**  
**Unlimited**  
**Classes**



**GET STARTED TODAY!**

**425-252-3908**

AFFORDABLE PRICES

GUARANTEED RESULTS

**EVERETT PHYSICAL THERAPY**  
**SPORTS PERFORMANCE CENTER**

AN IRG AFFILIATE

1502 Hewitt Ave, Everett, WA 98201

WWW.EVERETTPT.COM