



FIT KIDS SPORTS

Director: Vicki Smith, Physical Therapist

(502)348-2164

Sports Conditioning for H.S. Teams



Attention High School Coaches

This aggressive pre-season conditioning program is designed to enhance your athlete's readiness prior to the start of your season. This differs from a weight lifting program which develops muscle mass, but does not address functional strengthening which is needed for sports. The intent of this program is to provide an intense workout consisting of flexibility, balance, plyometrics, and functional strength which is applicable for every sport and important for reducing . . .

***Schedule your conditioning days and times 6 to 8 weeks prior to the start of the season.**

RATES:

2x/wk for 4 wks.	\$48	(18 + participants) \$44
2x/wk. for 6 wks.	\$72	(18 + participants) \$66

CALL TO SCHEDULE & FOR FURTHER INFORMATION

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