

# HIGH PERFORMANCE FITNESS

Focusing on areas of strength,  
power, mobility, and stability

OFFERING ADULTS & JUNIORS:

SEMI-PRIVATE GROUP TRAINING & INDIVIDUAL PRIVATE TRAINING

INDIVIDUAL PRIVATE TRAINING

\$70 SINGLE SESSION

PACKAGES AVAILABLE UPON REQUEST

SEMI-PRIVATE GROUP TRAINING

8 UNIT PACKAGE

\$200

12 UNIT PACKAGE

\$300

SINGLE UNIT

\$35

ONE UNIT = ONE SESSION

FOR ADDITIONAL INFORMATION & TO REGISTER PLEASE CONTACT

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SPORTS PERFORMANCE



HIGH PERFORMANCE  
GOLF ACADEMY