

CHILDREN

Young kids will love this program that promotes **developmental skills** and physical fitness. A great program can **fight childhood obesity**, promote a healthy lifestyle, and be a way to get your kids excited about physical fitness.

Benefits for kids:

- ◆ **PROMOTE A HEALTHY LIFESTYLE**
- ◆ **PREVENT CHILDHOOD OBESITY**
- ◆ **IMPROVE NEUROMUSCULAR COORDINATION**
- ◆ **IMPROVE HAND-EYE COORDINATION**
- ◆ **INCREASE APTITUDE FOR LEARNING**



TEENAGERS

Our training program is designed to **improve an athlete's performance** as well as reduce the risk of injury while playing sports.

We integrate a **comprehensive**, individual training program specially tailored to meet the specific needs of each athlete, sport and position.

Our training programs focus on:

- ◆ **SPEED**
- ◆ **AGILITY**
- ◆ **COORDINATION**
- ◆ **STRENGTH**
- ◆ **POWER**
- ◆ **MOBILITY**
- ◆ **FLEXIBILITY**



ADULTS

Have you reached a plateau? Tired of the same routine? Are you looking for a more **efficient** and **exciting** exercise regimen? We can help!

Or maybe you're just looking to **lose a few pounds** and need a more engaging fitness program for motivation.

We are more than just an exercise program:

- ◆ **NUTRITIONAL COUNSELING**
- ◆ **IMPROVE QUALITY OF LIFE**
- ◆ **LIVE LONGER AND HEALTHIER**



GOLF

Looking for **more energy** later in the game? Want **more power** in your swing? In pain after a day of golfing? We can help!

Our program is designed specifically for the golfer. **Improve** your club head speed and power, flexibility, range of motion, hand eye coordination, core stability and strength

Our **training program** can increase:

- ◆ **TEEING ACCURACY**
- ◆ **LONG-TERM GAME SKILL**
- ◆ **DRIVE DISTANCE**
- ◆ **DRIVE CONSISTENCY**
- ◆ **ENERGY FOR EVEN THE 18TH HOLE!**



MEET THE TRAINER: JORDAN LEVIN

Jordan is a certified trainer that has had significant experience throughout many different sports, and hopes that you will benefit from his experiences and training.

Jordan understands what it takes to make a change in your life, and will do everything to motivate you in the workout and diet regime customized just for your goals and needs.

B.A. from Michigan State University

Certified with the American Fitness Professionals and Associates

Program director of the critically-acclaimed **My Kid's First Coach** DVD series
www.mykidsfirstcoach.com



FITNESS

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FITNESS

We're not just an exercise program—we create a **HEALTHY WAY OF LIFE!**

**PROGRAMS &
NUTRITIONAL
COUNSELING FOR:**

Athletes
Children
Teens
Adults