

EDGE

training

*Want to get an
EDGE on the
competition?*

Fort HealthCare Therapy & Sport Center offers affordable performance enhancement programs for athletes of all ages.

Our Licensed Athletic Trainers *Evaluate* current skills, provide *Direction* for improvement, measure athletic *Growth*, and facilitate *Education* on what it takes to be the ultimate athlete.

Included in all *EDGE* classes: T-Shirt, personalized home exercise program, and injury prevention tips.

Total Athlete Preparation

Good athletes can function well under normal circumstances; GREAT athletes have the tools to excel in all situations. Our individualized training sessions start the transformation from average to excellence through strength and power workouts, endurance challenges, and flexibility exercises. Lessons in nutrition, stress management, mindset and injury prevention will complete your evolution into a well rounded total athlete!

1 on 1 Training Session		2 on 1 Training Session		3+ on 1 Training Session (Max of 5 Participants)	
\$30	Single	\$40	Single	\$60	Single
\$75	Series of 3	\$85	Series of 3	\$105	Series of 3
\$120	Series of 6	\$130	Series of 6	\$150	Series of 6

ELITE Power Hour

Need some personalized attention to perfect your skills? Our Elite Power Hour series gives you undivided attention to work on your specific problem areas in baseball, softball, and golf. Our trained professionals have valuable experience in critiquing and facilitating change in a positive manner. Sign up today to put the finishing touches on your ability and get the EDGE on your competition. Class registration includes evaluation with motion analysis software. Registrations for 6 sessions or more include take home DVD of your progress. All classes are 1-on-1 with our staff.

\$30	Single Session
\$75	Series of 3
\$120	Series of 6

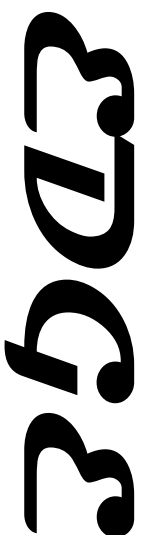
*Do you have
the EDGE?*

For more information, contact a
Fort HealthCare Licensed Athletic Trainer:

Brian Meitner, LAT, USGTF
Baseball, Softball, Volleyball, Basketball, Golf
(920) 568-6562

Stephanie Pellett, LAT
Baseball, Softball, Volleyball, Basketball
(608) 669-6662

Do you have the



Therapy & Sport Center
1504 Madison Avenue
Fort Atkinson, WI 53538

Evaluate skills

Direction for improvement

measure **G**rowth

facilitate **E**ducation