

Are you ready to take your technique to the next level? **Human Performance Center** offers development sports performance training packages for athletes. Our methodology focuses on increasing overall athleticism through speed, change of direction, multidirectional power, strength, injury reduction (mobility, stability, and flexibility), and energy systems development.

Jump Start (8 to 11 years old)

Sessions Month to Month/In Full

 1 x per week
 \$125/\$300

 2 x per week
 \$150/\$325

 Unlimited
 \$175/\$400

Monday - Friday 11 a.m. - Noon

5:30 - 6:30 p.m.

Saturday 11 a.m. – Noon

2 - 3 p.m.

Development (12 to 14 years old)

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Monday - Friday

10 - 11 a.m. 1 - 2 p.m. 4:30 - 5:30 p.m.

Saturday 10 – 11 a.m.

Advanced (15 to 18 years old)

Sessions Month to Month/In Full \$140/\$325

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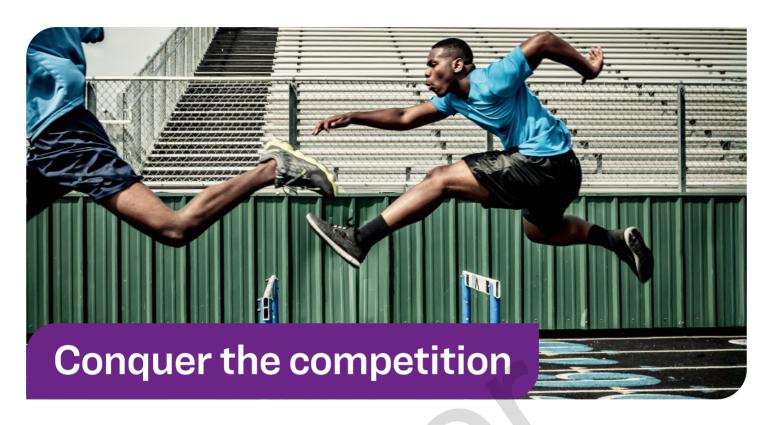
Saturday

10:30 a.m. - Noon



Sign up today. For more information, call 903.606.8855





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Are you a high school athlete looking to up your game? **CHRISTUS Institute for Healthy Living** offers advanced sports performance training, tailored to YOUR specific goal. If you want lean muscle mass, increased strength, greater speed or higher jumps, our programs are personalized for YOU!

June 9 - 26 (Mon. - Thurs.) Noon - 1 p.m.

For athletes ages 12 to 18

You'll receive:

- A free t-shirt
- Sport specific assessment and training protocols
- Body composition testing

Small group training prices

- One session \$15
- 12 session package \$150



SIGN UP TODAY

60 minute training sessions

Focused on:

- Movement preparation
- Speed and change of direction development
- Power and strength development
- Energy system development
- Recovery

For more information, call 903.323.6507 or email us at ihealthyliving@christushealth.org





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