

S.P.R.I.N.T. Performance

Strength & Conditioning Camps

S.P.EED Blow away the competition by encompassing the strength and muscle symmetry that will improve your acceleration and top end speed.

P.OWER Explode past your adversary by applying speed to simple and dynamic movements to exploit your true potential.

R.EACTION Be better prepared than your counterpart through fast/progressive drills designed to enhance motor response.

I.NTEGRATED Learn how to get the edge on your opponent by combining education, practice and nutrition.

N.UTRITION Increase your stamina and abilities as an athlete through proper nutritional education.

T.RAINING Refine your abilities with guidance of trained professionals focused on building a better you.



Our personal training system is backed by the **National Academy of Sports Medicine**. It is one of the most comprehensive and nationally-recognized health and fitness organizations available today. Combined with our degreed and experienced staff, you'll be well on your way to achieving whole health.

Preparation determines success!

Our philosophy is to develop the athlete in a dynamic environment while incorporating aspects of actual game situations. **S.P.R.I.N.T.** focuses on the speed, power and agility of an athlete and translates these characteristics to guaranteed success. Our staff of conditioning specialists hold degrees in Exercise Science and are certified through nationally ranked organizations.

Camps typically run for five weeks and meet twice a week. Reserve a spot for your team today!

A stronger, quicker and better YOU starts with Body Zone's S.P.R.I.N.T. Performance.

For More Information and to Register contact

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