



Development sports performance programs

Are you ready to take your technique to the next level? **CHRISTUS Institute for Healthy Living** offers development sports performance training packages for young athletes. We will train you on proper mechanics and movements, teach you how to get stronger and faster and coach you on taking your game to the next level.

For athletes ages 12 to 14

You'll receive:

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

60 minute training sessions

Focused on:

- Movement preparation
- Movement development (technique)
- Power and strength development
- Energy system development

Small group training prices

- One session - \$15
- Eight session package - \$80

One on one training packages

- One session - \$25
- Five session package - \$100
- 10 session package - \$200

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





Advanced sports performance programs

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!

For athletes ages 15 to 18

You'll receive:

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

60 minute training sessions

Focused on:

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

Small group training prices

- One session - \$15
- Eight session package - \$80

One on one training packages

- One session - \$25
- Five session package - \$100
- 10 session package - \$200

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