



**Mariners
Wellness Center**



Sports Performance Training

***10 week program - 2x per week*
(Monday & Wednesday 3pm-4pm)
(Other times may be available)**

Small group training

Individualized programming

Certified Strength and Conditioning Specialist

***10+ years experience in professional,*
collegiate, & youth sports performance coaching**

Elements of Training - SPARCS

SPEED

POWER

AGILITY

REACTION TIME

COORDINATION

STRENGTH

COST=\$200

For more information about the program please call
Philip Magin, Director of Mariners Wellness Center,
@ 305-434-1662 or speak with one of our exercise physiologists.