

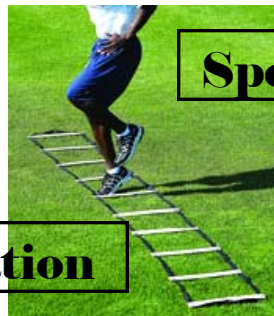
Fall Sports Conditioning

Improve performance and reduce risk of injury for the winter sports season!

From: Oct. through November (open enrollment) **IMPROVE YOUR:**



Balance



Speed



Strength

Coordination



Flexibility

Endurance



Pricing:

- 12 Sessions - \$250.00
- 16 Sessions - \$300.00
- 20 Sessions - \$350.00
- 24 Sessions - \$ 395.00

Ask about the discounts for siblings!

All sports conditioning athletes work with nationally certified trainers! NSCA sports testing is included in the second and last training session! See how you compare to NCAA Division 1 athletes. Athletes of all abilities and levels are welcome. Now is the time to work on your conditioning if you are playing a winter sport. Our program utilizes ACL jump training to improve body mechanics and strength to reduce the risk of knee injuries. Give yourself an advantage by working with the fitness professionals at Cape Cod Rehab! For more information

please email echandler@fitplan.com or call 508-778-5000.



Location/Day	Monday	Tuesday	Wednesday	Thursday	Saturday
Hyannis	-	6-7pm	-	6-7pm	By appointment
Mashpee	3-4pm	-	3-4pm		By appointment

(Please mail this cut-off in with payment or just bring it with you to your first session)

Make checks payable to: MC/Visa/Amex _____
 Cape Cod Rehab Exp date _____ Signa-

Name: _____
 Address: _____
 City: _____ State: _____ Zip Code: _____
 Phone: _____
 E-mail Address: _____



Cape Cod Rehab
 Physical Therapy & Fitness

www.fitplan.com