

# FITNESS, FUNCTION & PERFORMANCE CONDITIONING

## ADULT “SPORT CAMP”

*Workouts full of movements that matter!*

**ADULT “Sport Camp”** training sessions are designed for the recreational weekend warrior. Each workout is packed full of movements that have a positive impact on your fitness and function. Balance, stability, reactivity, core and coordinated movements are combined together in movement based drills. Improved fitness and function are the result-improved performance is the by-product.

