

TRAINING FOR EXCELLENCE IN SPORTS PERFORMANCE AND FITNESS

CALLING ALL ADULT ATHLETES

Weekend Warrior



**Did you used to play
in highly competitive sports?**

**Do you miss those hard fought games
and the feeling of accomplishment?**

**Do you Want to get back into playing
shape and limit your risk of injury?**

**Saturdays
9:30-10:30am**

**Prices - \$225.00 for 10 sessions
(less than \$23/session)**

All levels welcome!

**Give us a call 609-882-0054, Email us performance@peachealthfitness.com,
or Come upstairs for a complimentary training session.**