



### **PERFORMANCE TRAINING:**

CATZ Performance training provides individualized coaching in a rigorous training environment, complete with the greatest level of customization for sport-specific movements. Workouts are ALWAYS fun, motivational, and NEVER boring. Athletes will increase power, strength and agility, while enhancing teamwork, camaraderie, and leadership skills.

### **COMPLETELY ACTIVE:**

Our kids today live in a very different world, a world of hand-held electronic games and big-screen TVs, a world of sitting around being passively entertained. But it doesn't have to be that way. You can help ensure that your kids have a bright, healthy future. And CATZ can help you get there. We tailor our fitness programs to get the results you and your child want in a safe, motivating, fun environment.

#### **Young people who participate can expect:**

- Improved physical fitness
- Enhanced athleticism
- Greater confidence on the playground
- Improved coordination
- Improved speed and agility
- Improved self-discipline

### **ADULT FITNESS TRAINING:**

CATZ Adult training provides unique, athletic workouts customized to your fitness level and goals, from beginning to advanced levels. Designed and led by credentialed, licensed strength and conditioning specialists who also train elite athletes, workouts are always FUN and motivational and NEVER boring. Training with us will make you look and feel like an athlete.

## **WE PUT THE FUN BACK IN FITNESS**

**Call us and take advantage of the most complete, experienced and effective fitness programs available anywhere in America.**

**NEW SUMMER SCHEDULES AND PRICES!!!**

**FREE TRIAL SESSION**

Call and schedule your trial today