

Performance

Training Programs



Core Strength

A dynamic and challenging 60 minute class designed to strengthen the core while incorporating the entire body and increasing endurance, flexibility, strength and power. Click [here](#) to learn more.

SOCCER Training

Good core strength indicates an individual's ability to move with high efficiency. As athletes, efficient movement is crucial to speed and endurance. This class will provide a base for injury prevention, flexibility, agility, stamina and education on movement strategies related to soccer. email ian@endurancerehab.com for more details.

Endurance Personal Training

One on one strength and conditioning program to allow for acquisition of one's goals faster and in an awesome environment. Click [here](#) to learn more.

Golf-Specific Fitness Program

The development and implementation of an individualized golf-specific fitness program is a very important "first-step" if a person is serious about becoming a better golfer. Click [here](#) to learn more.