

# Improve 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](mailto: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.