

This holiday season, give the athlete in your

life the gift of SPEED...

STRENGTH...

CONFIDENCE...



Kids in Motion (Ages 8-11)

Focused on improving running technique, coordination, and building neuromuscular patterns as a foundation for speed and agility. Your athlete will discover a passion for athletics through fun, competitive activities that will lead to lifelong health.

Edge II (Ages 15+)

Pushes through the foundations of core strengthening and proper running techniques, dramatically increasing power, speed and agility. Combines physical, mental and nutritional training to unlock your athlete's maximum potential.

Edge I (Ages 12-14)

Progresses the athlete through the fundamentals of speed, power, agility, core strength and quickness training. Properly managing chronic injuries that often occur at this age, improving balance, flexibility and coordination along with nutrition, motivation and social skills will maximize your athlete's success in sport.

Edge III (College and Professional)

The next level of performance training for the athlete competing at the collegiate and/or professional level. Provides individualized and sport-specific training to exceed the demands of your athlete's sport.

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Be a better athlete!

To register, visit www.integrityappt.com

