

PERFORMANCE

personal training

Looking to enhance your game? We offer sport-specific training, which focuses on:

- Particular muscle groups, specific to your favorite sport
- Exercises and stretches to propel your game to a new level
- Helping you get a leg up on the competition
- Our trainers have the capabilities to help athletes from many different sport types including racquetball, handball, squash, volleyball, running, basketball, boxing, and many more!

Take it up a notch, and contact the Athletic Club personal training team today.

