



EXERCISE PHYSIOLOGY SPEED STRENGTH PROGRAM



CONSULTATION

Facility Tour
Paper Work
Goal Setting
Questions & Answers



ATHLETIC EVALUATION (\$40)

By Appointment
1½ Hours In Length
Workout Clothes & Shoes
Tests: Body Comp., Standing Long Jump, Vertical Jump,
Power Output, Speed, Agility, Strength & Muscle Endurance,
and Speed Endurance



BRONZE (\$340)

20 Training Sessions
1 Hour Appointments
Age Specific
Gender Specific
Sport Specific
One Payment
Post Training Evaluation
Individualized Written Training Program
T-Shirt



SILVER (\$315)

14 Training Sessions
1 1/2 Hour Appointments
Age Specific
Sport Specific
Gender Specific
One Payment
Post Training Evaluation
Individualized Written Training Program
T-Shirt



GOLD (\$280)

10 Training Sessions
2 Hour Appointments
Age Specific
Sport Specific
Gender Specific
One Payment
Post Training Evaluation
Individualized Written Training Program
T-Shirt

ADDITIONAL SESSION

1 Hour Sessions = \$17
1 1/2 Hour Sessions = \$22.50
2 Hour Sessions = \$28
(Monthly Membership = \$28)

MERITCARE SOUTHPOINTE
SPORTS MEDICINE
2400 32nd Avenue South
Fargo, ND 58103
(701) 234 - 8750

MERITCARE SOUTHPOINTE
SPORTS MEDICINE
Monday-Thursday 5:15am - 10pm
Friday 5:15am - 8pm
Saturday 7am - 6pm
Saturday (May-Sept) 6:00am - 2:00pm
Sunday Noon - 6pm