



PULSEOLOGY\_ETC

by P LSEOlogy

## SPORTS PERFORMANCE

Building The Next Generation's Premier Athletes in Bluffton and Hilton Head

- Sport Specific Programing
- Small Groups led by Personal Trainers
- Maximize Speed & Agility
- Prevent Injury with more Flexibility
- Build Strength & Power
- Improve Explosive Movements
- Increase Balance & Stability
- One on One Training Available

## FIRST CLASS FREE

## **Monthly Program**

1xWeek \$99

2xWeek \$175

3xWeek \$275

## **Class Packages**

1 = \$30

5 = \$140

10 = \$270

20 = \$500

Custom classes for groups or Teams available.