

ETC



ELITE TRAINING CENTER

by PULSEology

PULSEOLOGY.ETC

SPORTS PERFORMANCE

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

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

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.