



Small Group Performance Training is not for the faint of heart. It is for those who want to take their game to the next level. Competition drives the world and our training method will enhance the competitive drive of any athlete. Want to win on the field or court? Push yourself in here first against other athletes and you will see the difference. Are you willing to put in the extra work that it takes?



SPORTS

- Football
- Soccer
- Baseball
- Volleyball
- MORE!...

TRAINING

- Speed
- Agility
- Vertical Jump
- Core Strength
- Conditioning

Small Group Performance Training Packages

1 Training per Week—\$96.00

2 Training per Week— \$176.00

UNLIMITED Training (best value) — \$240.00

*Monthly Fees (3 month to start) - Only Available at Metro

Manager— Marc Sapoznik, CSCS—marcsapoznik@bobsgym.com—812-647-6787



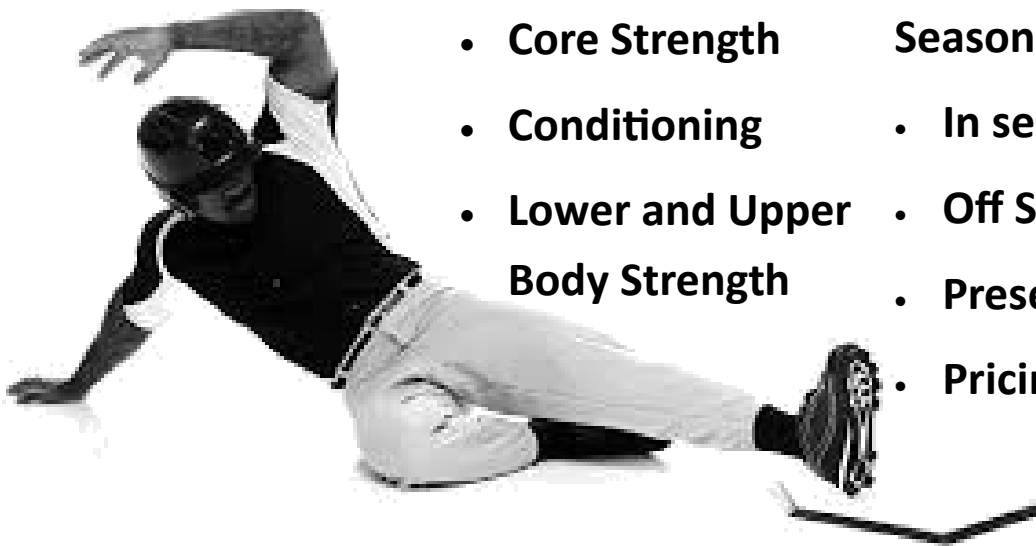
Team Training is for programs who want to give their athletes a leg up. Our training method enhances team competitive drive, while promoting teamwork to accomplish a common goal. Want to win on the field? Push yourself with our certified staff and you will see the difference. Are you willing to put in the extra work that it takes to succeed?

TRAINING

- Speed
- Agility
- Core Strength
- Conditioning
- Lower and Upper Body Strength

PROGRAMS

- 1 Day Clinic
- 6 week program
- Seasonal program
 - In season
 - Off Season
 - Preseason
- Pricing customized



Manager— Marc Sapoznik, CSCS
10+ years training young athletes
NSCA Certified Strength and Conditioning Specialist
B.S. Exercise Science, University of Evansville
Graduate Work at Ithaca College, Exercise Physiology/Sports Psychology
marcsapoznik@bobsgym.com—812-647-6787