



# Summer Athlete Program

for

## Performance Sports (Gymnastics – Diving – Dance)

LOCATION	INSTRUCTORS
BODY by GymRoots 11952 Fishers Crossing Drive Fishers, IN 46038	Paula Lord – Master of Sport, Perfect 10 Posture Shika Pollard – Master Pilates Trainer

### PAYMENT and CLASS RESERVATIONS

Go to [www.bodybygymroots.com](http://www.bodybygymroots.com)

Click “Book and Buy Here”

Go to “View Products/Packages”

Scroll down to “Summer Athlete Program” to purchase the summer package

Go back to appointments after purchase to schedule specific class times.

### BEGINNER/INTERMEDIATE PROGRAM

**\$200 for 10 to 12 one-hour group sessions**

Tuesdays 12:00-1:00, Thursdays 10:30-11:30

This class is targeted for the young developing athlete transitioning into higher competitive levels.

Summer Program Goals include:

- Establishing up proper movement patterns and body awareness for optimal growth and skill development.
- Increasing core strength and overall flexibility.
- Introducing mental skills to handle stresses of higher intensity training.

### ADVANCED PROGRAM

**\$200 for 6 to 8 90-minute group sessions**

Tuesdays 10:00-11:30

For athletes training and competing at National and International levels.

Summer Program will include:

- Personal assessments and problem solving.
- General strength and flexibility work AND Sport specific applications.
- Mental training related to both short and long term goals.
- Overall and weekly themes designed to empower personal responsibility and communication.

### QUESTIONS or NEED HELP?

Email Paula [paula@gymrootsinc.com](mailto:paula@gymrootsinc.com)