



# Sports Performance

## GYMNASTIQUE AND D1FITNESS

### TEAM CLASS PROGRAM

#### SPORTS FITNESS

*Take your training to the next level.*

We make our goal, your goal; to lift your performance and achieve full potential. We educate, motivate, and prepare you for competition. Whether it is for high school, college or weekend recreation. We'll utilize gymnastics, postural training, as well as, Olympic lifting to take you to the next level of performance.

#### Individual Memberships : \$149 per month

- Customized sport-specific training plans
- Fitness assessment
- Small Group and 1:1 training
- Powerlifting coach
- Sport-specific SAQ training
- Nutrition/Healthy lifestyle guidance



#### GYMNASTIQUE INTERNATIONAL

3494 Durahart St. Riverside, CA 92507 Tel:951-784-9496  
[www.iflip4gymnastics.com](http://www.iflip4gymnastics.com)

"Don't let what you cannot do  
interfere with what you can do"  
- John Wooden

# Plan, Prepare & Perform No Excuses



## Pole Vault Team Training

Gymnastics, body postural training and conditioning for pole vault. We will teach drills and techniques used by world champion vaulters and coaches. Techniques that have been used by coaches Petrov and Canali to train world class vaulters; Bubka, Gibilisco and Isinbaeva.

Postural Training and alignment improves efficiency and injury prevention. We will also utilize gymnastics training to improve acrobatic awareness, strength and flexibility. Increasing the body's mobility and flexibility, creating a well-balanced muscular athlete.

### Pole Vault Training Programs:

**Group class** \$49.00/month

**Group Drop-in rate** \$15.00/visit

**Privates** \$60.00/hour

**Sports Fitness** (3 months) \$149.00/month  
*A complete individualized train program*

## SPORTS Fitness: Plan, Prepare and Perform

We provide a BIG picture approach - no quick fixes or short cuts - Plan, Prepare and Perform. To promote lasting results and encourage you to make fitness training a life-time sport. Physical skills in sport, work, or daily activity are performed in a functional manner - they require a combination of coordinated movements. We use our years of gymnastics training, the purest form of functional movement and design our programs with this in mind. With our unmatched combination of experience, expertise, and professional training, we are eager to prepare you for your best possible performance.

***Take the next step in training.***  
(951)784-9496  
for your free consultation



"Pain is temporary...

...quitting lasts FOREVER"

- LANCE ARMSTRONG