



## Fitness & Sports Performance

WE BRING THE ENERGY, PASSION, ATTITUDE, AND KNOWLEDGE DEDICATED TO DEVELOPING THE NEXT GENERATION OF ST. LUKE'S STRONG STUDENT-ATHLETES.



# ST. LUKE'S

## YOUTH SPORTS PERFORMANCE PROGRAMMING

COMPETITIVE EDGE - CONFIDENCE - COMMITMENT - CAMARADERIE  
STUDENT-ATHLETES IN 5<sup>TH</sup> THROUGH 8<sup>TH</sup> GRADE

### THE PACKAGE

\$60/MONTH

**\*SUPERIOR INSTRUCTION & INSPIRATION LED BY A TEAM OF CERTIFIED SPECIALISTS AND COACHES\***

- ACCESS TO ST. LUKE'S FITNESS & SPORTS PERFORMANCE CENTERS
- ACCESS TO FIVE STAR HEART ONE-DAY SPORTS CLINICS
- COLLEGIATE STUDENT-ATHLETE SPEAKING APPEARANCES
- ONE-WEEK FREE TRIAL MEMBERSHIP
- DISCOUNT RATED ST. LUKE'S SPORTS SPECIALTY CLINICS
- INJURY PREVENTION SEMINARS
- CAREER EXPLORATION FORUMS
- TEAM/CLUB/YOUTH ORGANIZATION RESERVATIONS

## ONE HOUR OF ATHLETIC EXCELLENCE IN MOTION

- DYNAMIC WARM-UP & FLEXIBILITY/MOBILITY
- FUNCTIONAL STRENGTH DEVELOPMENT
- METABOLIC CONDITIONING
- SPEED, QUICKNESS, & AGILITY
- FUNCTIONAL EXPLOSIVE EXERCISES & PLYOMETRICS
- CORE STRENGTH & STABILITY

INCREASE ATHLETICISM, PREVENT INJURIES, BUILD CONFIDENCE, ADOPT A 5-STAR HEART, NO-QUIT MINDSET.....

### OUT-TRAIN, OUT-PERFORM.

ST. LUKE'S FITNESS & SPORTS PERFORMANCE CENTER BETHLEHEM  
77 S COMMERCE WAY, BETHLEHEM, PA 18017  
SCHEDULE BEGINNING MONDAY, OCTOBER 29<sup>TH</sup>:

MONDAYS & WEDNESDAYS 4:00 PM TO 5:00 PM & 6:30 PM TO 7:30 PM  
SATURDAYS 8:00 AM TO 9:00 AM & 9:00 AM TO 10:00 AM

**TO LEARN MORE & REGISTER NOW, CONTACT BOBBY MCCLARIN.**

Bobby McClarin - St. Luke's Community Ambassador/Performance Coach  
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ST. LUKE'S IS A PROUD PARTNER OF THE FIVE STAR HEART PROJECT.

