



HEALTHY SHOULDERS

TUESDAYS AND THURSDAYS FROM 5:30 PM TO 6:00 PM

Our program builds resilient and strong shoulders for overhead athletes by incorporating sport-specific training for overhead athletes. Athletes in this program will develop strength, power, mobility and endurance giving them a competitive edge in their sport.

Through this program athletes will:

- Mitigate overuse injuries that frequently occur with throwing/overhead athletes
- Strengthen the rotator cuff to improve durability during the sports season
- Improve mobility in upper back/shoulders to allow for higher velocity when throwing/hitting

Monthly program cost:

1x per week: \$40/member; \$45/non-member

2x per week: \$75/member; \$85/non-member

**SESSIONS START OCTOBER 12TH!
CONTACT US TODAY TO REGISTER!**



(309) 433-9355



tpcbloomington.com



TRAINING AND PERFORMANCE CENTER