

SPARTA

The Fieldhouse is proud to announce
the grand opening of **SPARTA**
our Speed, Power, Agility, and Reaction Training Academy!



www.thefieldhouse.com

Because it's not always just about how you play the game -- it's about how you prepare to play the game. You will *never* have a coach tell you faster, stronger, quicker is not better. Who wouldn't want to be more agile, stronger, faster, quicker, and jump higher?! The Fieldhouse now offers the opportunity for athletes, both young and old, to transform their bodies into their peak athletic condition and maximize their physical abilities.

Our mezzanine level has been transformed into a 2,000 s.f. sports performance training suite, complete with all new, state-of-the-art, Keiser training equipment. Led by renowned sports trainers Brian Griffitts and Matt Newmann, SPARTA will give athletes the competitive edge they are looking for and active adults the ability to keep their bodies and minds in top physical health.

Athlete Training

Our programs are tailored to develop athletic abilities specific to your chosen sport or sports. So whether your sport emphasizes form running, lateral speed, agility, strength, power, reaction time, explosiveness, or leaping, we have a custom designed program integrating the most modern techniques, equipment, and scientific programs available to create the total athlete.

Adult Fitness Training

Just because your high school and college days are behind you does not mean your body can't do the same things and look the same way it did -- or better! Our complete lineup of offerings include personal training, small group training and our Ultimate Sports Performance Boot Camp! Feel free to call us directly to find out which program is right for you. We guarantee you will be satisfied with your result.

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