



Riverview Health Sports Enhancement

Sports performance for athletes.

Riverview Health Sports Enhancement is a sports performance program for student athletes in grades 7-12. We also offer a Junior Sports Enhancement program geared for students in grades 3-6.

These programs focus on the following fundamentals:

- » *Enhancing athletic ability*
- » *Improving upper body power, lower body power, agility, acceleration and coordination*
- » *Injury prevention*

Sessions are held one-on-one with a certified athletic trainer or exercise specialist. Call today to register.

Hours of operation:

Monday-Thursday: 6 am-8 pm

Friday: 6 am-7 pm

Saturday: 8 am-1 pm

Riverview Health Rehab & Fitness - Noblesville

601 Westfield Road, Noblesville, IN 46060

317.776.7225

WWW.RIVERVIEW.ORG

Riverview Health Sports Enhancement Packages

PACKAGE A: \$200

10 visits (1 assessment, and 9 training sessions)

PACKAGE B: \$125

5 visits (1 assessment, and 4 training sessions)

PACKAGE C: \$25

1 training session

PACKAGE D: \$35

1 assessment or re-assessment/
progress report

*Participants must complete an assessment or have an assessment on file prior to participation.

Junior Sports Enhancement: \$140

10 visits (1 assessment and 9 training sessions)