

PRO SPORTS CLUB'S HIGH SCHOOL AND COLLEGE SPORTS PREP

JOIN US FOR AN EDUCATIONAL CLINIC ON MAXIMIZING ATHLETIC POTENTIAL AND PREVENTING INJURY.

WHAT: PRO Sports Club is offering an educational clinic for our high school and college sports preparation program designed to maximize athletic potential. Our programs will focus on improving movement efficiency, which directly relates to improved athletic performance (strength/power, speed/agility, endurance, and flexibility) and reduced injury potential. Our unique exercise methodology combined with cutting edge equipment and highly skilled Performance Coaches & Physical Therapists provides an educational and motivating environment for optimum skill development.

WHO: High School and Junior High Coaches, Athletic Directors, Athletic Trainers, and support staff. Athletes are also welcome to attend with parents or coaches.

WHAT TO BRING: If you wish to participate in the practical portion of the clinic, plan to come in athletic attire prepared for a low impact workout. Anyone is welcome to observe the practical portion.

WHEN: TUESDAY, SEPTEMBER 22, 5:30-7:30 PM

SCHEDULE: Facility Tour and Methodology Overview » 30 minutes
Injury Prevention with Physical Therapy » 30 minutes
Applied Practical demonstration » 45 minutes
Q & A » 15 minutes

WHERE: PRO Sports Club Willows Road
9911 Willows Road, #100, Redmond, WA 98052
425.869.4760 » www.proclub.com/willows

RSVP:

- » Call **425.869.4760**
- » E-mail willows@proclub.com
- » In Person with our Front Desk

"Although challenging, my time spent training at PRO Sports Club Willows Road was totally enjoyable and self-fulfilling. I returned to school for the regular season in better shape and as a better athlete. With complete certainty, I contribute every personal gain to my trainer, Josh Boonstra, and his efforts. He's not the typical trainer but a true coach who is loyal and devoted to his client's progress."

-Mark G. Jackson Jr



PRO
Sports Club

WILLOWS ROAD
proclub.com/willows



FROM I-405

- » Exit 85th Street (Kirkland/Redmond)
- » Proceed East toward Redmond on 85th Street/Redmond Way
- » Proceed East on 85th street for about 2 miles to 148th Ave NE & turn left
- » Follow for about ½ mile to Willows Road, turn left
- » Proceed North on Willows Road for about ½ mile & turn left into Willows Commerce Park at “PRO Sports Club” A-frame sign
- » Proceed straight to the “T” at the back of the parking lot
- » Turn right & park in front of the “9911” building



FROM HIGHWAY 202

- » Head North on 164th Ave. NE from the South/West (Sammamish/Issaquah)
- Or,** Head south on Redmond-Woodinville Road from the North (Woodinville/Monroe)
- » Turn West onto NE 90th Street
- » Follow for about 1 mile to Willows Road, turn right
- » Proceed North on Willows Road for about ½ mile & turn left into Willows Commerce Park at “PRO Sports Club” A-frame sign
- » Proceed straight to the “T” at the back of the parking lot
- » Turn right & park in front of the “9911” building

YOU ARE INVITED!