



# Human Performance Athletic Edge and Discovery

Sign up  
with a friend and  
receive a 20%  
off discount.

## Accelerating athletic performance to achieve best personal results.

Develop musculature to enhance performance and compete at the highest level in a safe and injury preventing manner. Available during the season and offseason of athletic competition. Personalizing success to each competitive athlete.

### Key features:

- Sport-specific focus.
- Develop mental resilience.
- Push your limits to build strength, enhance speed and improve agility.
- Join a community of like-minded athletes who share your passion and determination.
- State-of-the-art facilities, complete with cutting-edge equipment and resources.
- Our coaches will closely assess your performance, offer personalized feedback and guide you on the path to improvement.

For more information or  
to register, please visit the  
Member Services desk.

**Athletic Edge**

AGES 14+

DATES

DAYS

TIME

LOCATION

COST

**DISCOVERY**

AGES 7 TO 13

DATES

DAYS

TIME

LOCATION

COST



PROHEALTH WEST WOOD  
HEALTH & FITNESS CENTER