

LAKESIDE SPORTS MEDICINE CENTRE'S STRENGTH PROGRAM

Initial Assessment
& 4-week block

\$269

Package Include:

- ✓ 5:1 Movement analysis & strength assessments screening
- ✓ 4-week online individualized program
- ✓ 4 x 45 min 10:1 Coached classes

When:



Wednesdays 6:15– 7:00pm
(TBC)

Where:



MSAC High Performance
Gym (above the pool)

Ongoing cost:

4 -week block
\$ **\$180** for 4 x 45min class
+ Individualised program



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LAKESIDE
SPORTS MEDICINE CENTRE

For more Information:
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