



# SPORTS PERFORMANCE

## With My Zone Technology

### Free for a limited time (\$179 value)



Whether you're an athlete looking to improve for your sport or you just enjoy physical activity our classes are tailored to each individual's goals. Sports performance incorporates Strength, Speed and Agility.

MyZone is a heart rate based activity belt, allowing us to track your intensity during your workout. This helps to ensure a more effective work to rest ratio along with getting the right amount of intensity with each workout. Sync and stream your data through the MyZone app or watch your heart rate improve during our sessions on the in class monitors.

- Education on proper lifting technique to ensure safety
- Sports specific agility drills
- Speed drills to help reach maximum velocity
- Plyometric drills for power development
- Training with TRX straps, kettle bells and barbells for strength development



Sport Performance with MyZone technology

4:30 - 5:25 pm with Ryan Lovstad at SOUTH

Class meets in the Personal Training Studio

Monday/Tuesday/Wednesday/Thursday

10/23/12-11/16/17 (4 weeks)



Register online at [www.amesracfit.com](http://www.amesracfit.com)