



PERFORMANCE CENTER



“Developing the superior athlete”

OA Performance Center Adult Performance Training Membership

Dynamic Weight Training

Improve your body weight to strength ratio!

The goal of this session is to improve your relative strength (positive power to weight ratio) and muscle recruitment (neurological efficiency). The focus will be multi-joint strength training from head to toe, designed to increase lean muscle mass, decrease body fat and improve performance in sports and daily activities.

Metabolic Effect

Get your metabolism cranking!

The goal of this session is to increase the storage and delivery of energy for any activity. The focus will be movement-based strength and mobility work, administered through intervals, designed to affect respiratory and functional strength adaptations. Drills will include sled drags, medicine ball drills, basic crawls, body weight exercises, core work, chops and lifts, running, treadmill and bike work...and more!

Adult Speed Training

Empower your inner athlete!

The goal of this session is to teach you how to run and move in the most efficient manner possible. The focus will be linear speed and agility drills designed to improve running mechanics and improve anaerobic capacity. Whether you're a competitive, recreational or a life athlete, the Parisi Speed School's world-class training methods will get you fast and fit.

Kettlebells for Sports Performance

Increase your athletic ability for any sport!

The goal of this class is to improve athletic performance through the use of several different ballistic (explosive) and grind (strength) exercises. It will focus on using proper kettlebell technique to develop overall body strength, increase explosiveness, and burn fat using a variety of different training protocols.

Weekly Session Schedule

	Mon	Tues	Wed	Thu	Fri	Sat
5:30-6:30 AM	ME	DWT	ME	KBP	DWT	
6:30-7:30 AM	DWT	AST	DWT	KBP	ME	
8:00-9:00 AM						ME
5:30-6:30 PM			AST			
6:30-7:30 PM	DWT	KBP	DWT	ME		

Program Fee

\$20 Drop In Fee

10 Session Pass \$149

3 Month Unlimited \$99 per month

12 Month Unlimited \$69 per month

For more information or to enroll call (207) 710-5509 today

Or visit us on the web at www.orthoassociates.com/performance

OA Performance Center ❖

15 Lund Road, Saco, Maine 04072 ❖

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50% off for any adult with a child in Parisi!

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