

*Stephen Wunz, MS, PES
Director of Sports Enhancement*

- Masters Degree in Exercise Science from California University of Pennsylvania
- Bachelors Degree in Physical Education from the University of Arizona
- Certified Athletic Performance Enhancement Specialist from the National Academy of Sports Medicine
- Over 17 years experience as Physical Education Department Chair and Wellness Coordinator
- Over 20 years of competitive power lifting experience
- Nationally ranked in five weight classes
- Competitive Body Builder

For more Information Contact Stephen
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724.349.2276

Indiana Total Therapy is Committed to Enhancing Sports Performance

Indiana Total Therapy has a vision of Sports Enhancement for local athletes.

When making plans for their new location on Shelly Drive in Indiana, they made their vision a reality.

On May 21, 2009, the Sports Performance Center was opened, with their state of the art video analysis and training staff.

“We strive to take our local athletes above and beyond their competition”

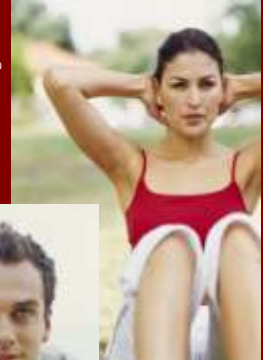
Indiana Total Therapy - West
2010 Shelly Drive
Indiana, PA 15701

Phone: 724-349-2276
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www.IndianaTotalTherapy.com



Self Enhancement Programs

- *Sport Performance*
- *Personal Training*
- *Weight Loss*



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Self Enhancement Programs

Sports Performance Program

Intensive training to give athletes the competitive edge.

- **Strength Training & Functional Strength Training**
A program to build functional strength for movement in sports
- **Core Conditioning**
The core is the central area of the body to be conditioned for movement
- **Speed/Endurance/Plyometric Training**
Cardiovascular conditioning for speed or distance training, explosive techniques and plyometric training
- **Agility/Balance**
Coordination training to improve technique, skill and balance
- **Flexibility**
A program based for injury reduction, pre and post exercise to prepare the body for work
- **Pre/Post Season Training**
Training programs to be done before a season begins or after a season is completed
- **Video Analysis**
Video analysis of technique based on a predetermined set of criteria and workouts to strengthen the weak areas of the technique and adjust movement to correct improper positioning

Includes one month gym membership, pre/post assessment, and one-hour intensive training sessions.

PRICES :	INDIVIDUAL	GROUP
4-sessions	\$ 160	\$ 135 p/person
8-sessions	\$ 280	\$ 240 p/person
12-sessions	\$ 360	\$ 300 p/person

\$45/per session rate

Video Analysis \$100/per evaluation

Personal Training Program

One-on-one personal training to meet your specific goals.

- **Toning and Strength Training**
Using Cybex equipment and free-weights to sculpt muscles and physique
- **Aerobic Exercise**
Calorie burning cardiovascular conditioning
- **Circuit Training**
Body sculpting exercises to include Core Ball, Pilates and Power Yoga
- **Diet Analysis**
Professional guidance on dietary needs and modification for ultimate toning and conditioning results

Includes one month gym membership and one-hour training sessions with trainer.

PRICES :	INDIVIDUAL
4-sessions	\$ 140
8-sessions	\$ 240
12-sessions	\$ 300

\$45/per session rate

All sessions must be used within one month time



Weight Loss Program

“Professionally Guided Lifestyle Enhancement”

- **One month gym membership**
- **Weekly Weigh-ins**
Goal achievement tracked weekly
- **Half-hour training sessions at gym with personal trainer**
- **Workout Workbook**
Log and monitor your daily success
- **Diet Analysis**
Professional guidance on dietary needs and modification for weight management

PRICES :	INDIVIDUAL	GROUP
4-sessions	\$ 160	\$ 135 p/person
8-sessions	\$ 280	\$ 240 p/person
12-sessions	\$ 360	\$ 300 p/person

\$45/per session rate

All sessions must be used within one month time

Sport Specific Camps

Day camps targeting Sports Performance Conditioning. Camps vary from strength, agility, speed, core, functional training, etc.

Call for details on specific camps.



Call for your **FREE PROFESSIONAL CONSULTATION**

724.349.2276