

*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”***

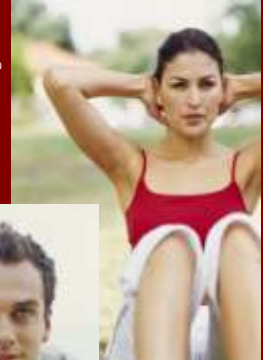
Indiana Total Therapy - West  
2010 Shelly Drive  
Indiana, PA 15701

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**

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