



# PDHP & HPHS Girls **GYMNASTICS PERFORMANCE TRAINING**

## **Why** HPI

*This program optimizes growth of the athletes in preparation for their upcoming season.*

*Drills and training focused on speed, agility, injury prevention, and strength training that will enhance performance.*

### **5 weeks, 18 sessions**

**Dates: August 22nd - October 20th**

**Time: Tuesdays & Thursdays 4:30-5:30PM**

**Package #1: 9 sessions**     ~~\$399~~ \$299

**Package #2: 18 sessions**     ~~\$499~~ \$399

### **BENEFITS** INCLUDE

- ✓ **Improve Strength**
- ✓ **Increase Power**
- ✓ **Improve Balance**
- ✓ **Injury Prevention**
- ✓ **Increase Flexibility**

**Register now by contacting Mike Gaynor at [mgaynor@ibji.com](mailto:mgaynor@ibji.com)**



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