

# Education and Training Practice

Some of our clients call these “sermons” but they’re really part of the educational process. We are professionals, highly trained and certified in the physiology of human performance. Our clients are smart, sophisticated, and successful in their own fields. It makes perfect sense for us to share our knowledge with our clients, so they understand the “why” as well as the “how.”

Knowledge is power. We empower our clients through education so they understand the techniques that improve their performance. This understanding helps our clients transition from the fitness center to their respective sport or recreational activity much faster and more precisely than traditional gyms.