

"The excellence of every art is its intensity."

John Keats 1795-1821

The English Poet is correct...intensity is excellent. At S.P.A.R.T.A. we specialize in High Intensity Training (HIT). But don't let the name count you out; we all have the capacity to work hard and push ourselves to become swifter, higher, and stronger.

The key is to have a skilled trainer capable of drawing out your physical, mental, and emotional potential in a safe, effective, and efficient manner.

This is the art of SPARTA. If you have never entered a gym in your life, or are competing at an elite level, there is always ground to be gained.

A focused intensity of effort will get you there!



S.P.A.R.T.A.

Sports Performance and Resistance Training Association

The ancient Olympic motto of citius, altius, fortius- swifter, higher, stronger- is not our slogan but our mission statement. To us health, fitness, and strength are not the prize of lofty goals and grandiose plans, but the result of a daily and dutiful march in their direction.



S.P.A.R.T.A.

Sports Performance and Resistance Training Association



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Sports Performance And Resistance Training Association



S.P.A.R.T.A.

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www.spartatraining.com



Services

Personal Training:

1-on-1 Training at DC Area Fitness First locations

In Home Training:

We come to your home or office and provide a thorough and efficient training session with little or no equipment necessary.

On Line Training:

Schedule always changing? Avid Traveler? Our on-line training may be for you.

For more information about our programs, please visit our website at www.spartatraining.com.



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Corporate or Federal Fitness Programs

SPARTA's trainers are available for Corporate and Government Fitness Program development and implementation in both short and long term capacities. Several program options exist for implementing full time, part-time, quarterly, or annual Fitness Events, Fitness Testing, HealthFair's, full or part-time Trainer-In-Place, Corporate Personal Training Packages, or an individualized combination package.



Health and Fitness Programs

SPARTA offers a variety of interactive Health & Fitness presentations on a number of related topics. These presentations are an ideal way to introduce Health & Fitness awareness.

Topics include but are not limited to:

- Low Back Pain
- Structural Balance
- Exercise and Aging
- Program Design and Development
- Cardiac Health Risks
- Sport Specific Conditioning
- Resistance Training Techniques
- History of High Intensity Training
- Para-Military Strength Conditioning
- The 5-Pillars of Proper Exercise
- Inter-Office Wellness Programs

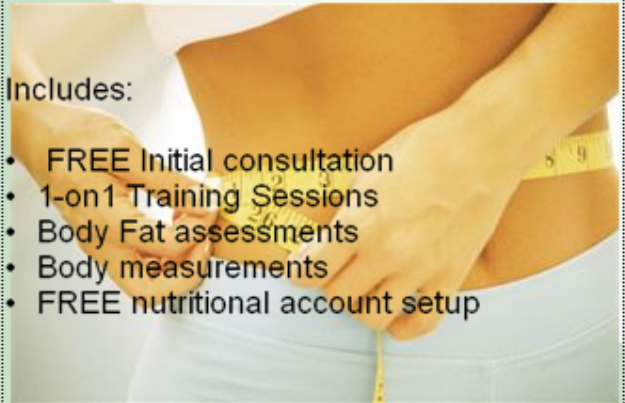
All of these and other topics are covered in detail by SPARTA's elite cadre of Health and Fitness educators.

Individual Program Fees*

\$60/session

Includes:

- FREE Initial consultation
- 1-on1 Training Sessions
- Body Fat assessments
- Body measurements
- FREE nutritional account setup



Locations:

We are currently providing training at DC metro Fitness First locations

All major credit cards accepted. *Fees applicable for Fitness First Location. Fees vary for in-home training.

