

SPORTIME RANDALL'S ISLAND PERFORMANCE TRAINING

SPORTIME Randall's Island, One Randall's Island, New York, NY 10035
P. 212/427-6150 | F. 212/427-5650 | www.SportimeNY.com/Manhattan



PERFORMANCE TRAINING

SPORTIME Randall's Island offers a unique performance training model that encompasses sports medicine, strength and conditioning combined to create a personalized program structured specifically to your individual goals.

A detailed consultation and assessment with one of our Performance team will review your training habits and identify areas of weakness and/or imbalance that may have caused previous injury or predispose an individual to injury. A training program can then be designed to improve overall fitness and performance and focus on prevention and/or rehabilitation of common tennis or other injuries.

PERFORMANCE TRAINING

SESSION	COST
Senior - 1 Hr	\$150
Staff Trainer - 1 Hr	\$120
Senior - 1/2 Hr	\$87
Staff Trainer - 1/2 Hr	\$70

Series of 17 - 5% discount applicable to all packages
Semi-Private and group sessions are available on request.

PILATES & DANCE

Group and private pilates and dance classes available (Zumba, hip hop, jazz and more).

PILATES & DANCE

SESSION	COST
Private - 1 Hr	\$120
Semi-Private - 1 Hr	\$65
Group (3 or more) 1 hr	\$45



SOPHIE SCOTT, Director of Performance

Sophie is a UK trained Osteopath and Performance Enhancement Specialist with over 12 years experience working in professional sport. For 5 years prior to joining our staff, Sophie worked with top British tennis players, including Andy Murray and junior Wimbledon champion Laura Robson. Prior to tennis, Sophie worked as part of the multidisciplinary medical team at Fulham Football Club in the UK soccer Premier League for 7 years. In addition, Sophie spent 2 years touring the USA, Canada and Australia with an international Irish dance company as medical director and ostepath.



ANDREW SMALL, Physical Therapist & Performance Consultant

Andrew completed his qualifications as a physical therapist and exercise physiologist at the University of Queensland, Australia. Since graduating, he has worked closely with elite junior development programs and senior national teams at the Queensland Academy of Sport (QAS)

and Australian Institute of Sport (AIS). Over the last 4 years, Andrew has also worked with professionals on the LPGA Tour. Andrew is also a keen tennis and volleyball player having competed at a national level in both sports.



ANDREA KELLY, Performance Consultant

Andrea studied Kinesiology and health promotion at the University of Kentucky. She has worked as a Wellness Specialist at the renowned Beaumont YMCA in Lexington, Kentucky, implementing programs for members of all ages. Andrea is passionate about sports having played tennis from the age of 7 and enjoying a

successful track and field career. Since moving to New York, Andrea has worked as a performance consultant for the John McEnroe Tennis Academy and supervised the fitness program for our 2011 summer camp.



MICHAELA MCELWEE, Pilates and Dance

Michaela has had an extensive dance career, with an emphasis on Hip Hop and Contemporary. She has taught Zumba, Hip Hop, Contemporary, Ballet, Jazz Funk, Modern, Irish, and African as well as Pilates for over seven years. Individual, semi-private and group lessons are available.



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REGISTER TODAY!

Complete the application on the reverse and return it to the Club. Call 212/427-6150 or email FitnessRI@SportimeNY.com for more information.

