



Fitness at The Field House _____

EXCITING NEW OPPORTUNITY!

Give your athlete the chance to participate in this unique combination of sports specific training, sports medicine and science at our brand new state of the art facility conveniently located in Moorestown.

Go where you can train as an individual or as a team, play in leagues, receive Best-in-Class sports fitness training and have access to the pre-eminent Physical Therapy Team in South Jersey.

Field House Fitness sports performance programs specialize in helping athletes perform better by developing sports-specific performance programs using our unique and evidence-based functional training philosophy.

Field House Fitness Sports Performance Programs

- Designed, implemented and monitored by experienced sports medicine professionals
- Feature performance assessment tools like FMS (Functional Movement Screens) / ACL injury prevention program / Video Throwing Analysis (VTA)
- Gender specific and provided to both teams and individuals in a group setting
- Speed / agility / strength / conditioning training
- Sport specific with consultation with team coaches where applicable
- 6 week programs offering players 10 sessions to use with progression and reassessment
- Low Instructor to participant ratios to provide a greater level of individual assessment

Young Athletes – Ages 8-14

- 10 – 60 minute workouts
 - Available Mon/Wed or Fridays
 - Register for the time slot that meets your needs and so your progression is monitored
- Session 1 runs from December 1st to January 9th; Session 2 starts January 12th
- FMS screening conducted by Strive.
- Price - \$200 for 10 workouts
 - Additional workouts \$20 each
- [4-5pm Registration](#)
- [5-6pm Registration](#)
- [6-7pm Registration](#)

Young Athletes – Ages 14-18

- 10 – 60 minute workouts
 - Available Mon/Wed or Fridays
 - Register for the time slot that meets your needs and so your progression is monitored
- Session 1 runs from December 1st to January 9th; Session 2 starts January 12th
- FMS screening conducted by Strive.
- Price - \$200 for 10 workouts
 - Additional workouts \$20 each
- [4-5pm Registration](#)
- [5-6pm Registration](#)
- [6-7pm Registration](#)