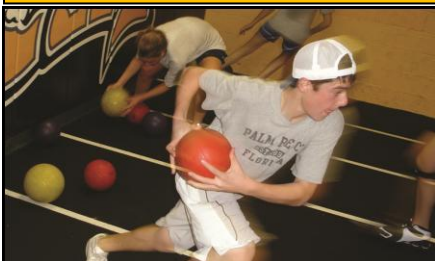




# Improve Your Health & Fitness at Any Age!



## ATHLETES



### Performance Training

Through our years of experience in training athletes of all levels, we understand that the defining moments in sports occur at full speed in a chaotic and unpredictable environment. CATZ prepares both youth and professional athletes to achieve greatness in this environment through our proprietary, highly-proven training methods.

The benefits of CATZ sport-specific performance training include:

- Improve overall quickness & power
- Maximize conditioning & stamina
- Improve first-step explosion
- Enhance multi-directional speed
- Develop useful mass & improve total body strength for your specific sport
- Improve balance & core stability
- Reduce the risk of ACL injury

CATZ athletes train in small groups in our modern facilities and receive the benefit of hands-on attention from our certified Coaches and Performance Directors, each of who are rigorously educated and trained by our nationally recognized team of strength and conditioning coaches, athletes and medical staff.

## ADULTS



### Adult Fitness

Whether you want to get in shape to achieve a healthier and more active lifestyle, or you are an athlete at heart and still play club or recreational sports regularly, CATZ offers a unique workout that enhances your stability, mobility, control and coordination - while hitting every major muscle group in your body. Our programs will help you to burn calories, improve cardiovascular health, improve flexibility and lose weight.

Benefits of CATZ Adult Fitness include:

- Enhance your flexibility, stability, stamina & daily energy level
- Increase strength & tone your muscles
- Improve cardiovascular conditioning
- Burn calories & enhance weight loss
- Fun, motivating and engaging workouts
- 1/3 the price of a personal trainer

Each adult class involves unique, functional workouts customized to your level of fitness – from beginner to advanced, and is appropriate for ANY adult that wants to get in shape. When you combine CATZ Adult Fitness with our hands-on **Nutrition Counseling** services, you get a turnkey fitness program that is fun, rewarding – and something easy to follow for a long-term healthy lifestyle.

## KIDS



### Sports FUNDamentals

Many kids today live in a world of sitting around being passively entertained, which has resulted in alarming increases in childhood obesity and diabetes. This void of “free play” time has created the “Couch Potato Effect” for many children. CATZ can help ensure that your kids have a fun, healthy and bright future.

CATZ Sports FUNDamentals & Youth Fitness programs are fun, engaging and cooperation-based programs designed to improve a child’s cardiovascular fitness, general flexibility/mobility and overall strength. Kids will warm-up, stretch, and participate in a variety of fun, task-oriented drills that encourage them to enjoy exercise, while at the same time they work up a big sweat and get a terrific age-appropriate workout.

Benefits of CATZ SF & Youth Fitness:

- Develop coordination & motor skills
- Significantly improve fitness levels
- Burn calories and lose weight
- Increase confidence & self-esteem
- Reduce stress, anxiety & tension
- Provide a foundation for a lifetime of physical activity and good health
- Includes our unique “Nutrition FUNDamentals” Support Program

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**CONTACT US TODAY  
TO SCHEDULE YOUR  
FREE TRIAL WORKOUT!**

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