

*"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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