

INTRODUCING THE

P.A.C.E™ PROGRAM

PERFORMANCE-ATHLETIC COMPETITIVE ENHANCEMENT

PICK UP YOUR PACE!



Speed | Strength | Agility | Balance | Endurance | Power

**Body
Dynamics**
Inc

Your Body, Your Health, Your Team.

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Essential skills to maximize your competitive edge. Structured circuit training to change habits, refine function, improve conditioning, and establish the speed, strength, agility, and balance needed to maintain power over time.

Team and individual training available. Please call for details.

The P.A.C.E™ Program was developed by the physical therapy and athletic training experts at Body Dynamics, Inc., Arlington VA.