

Who We Are

FitPlan Academy is an education and exercise program designed by certified experts at Cape Cod Rehab and Mashpee Fitness.

Our programs are designed to help anyone looking to gain a better understanding of their physical health and performance through hands on application of sound physical activity and exercise.

Most courses have limited space available to insure you get the personal attention needed.

Contact Us

Visit us at our newly expanded Osterville facility:

1284 Main Street
Osterville, MA 02655

Phone: 508.420.3535
Email: fitplanacademy@mashpeefitness.com
Web: www.mashpeefitness.com

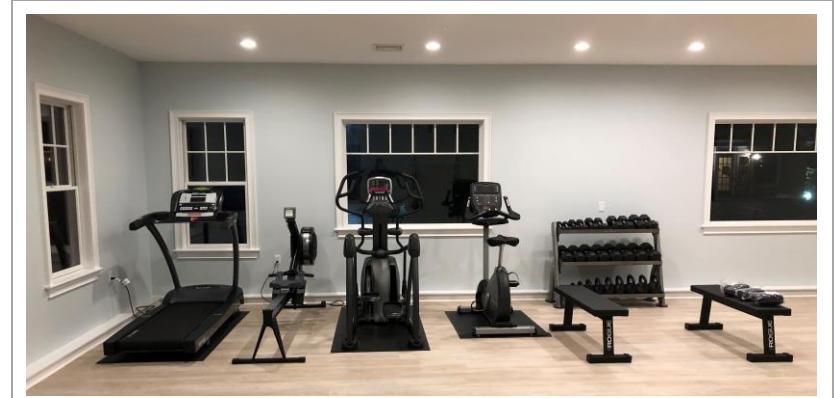


Cape Cod Rehab Osterville
1284 Main Street
Osterville, MA 02655

FitPlan Academy

CAPE COD REHAB OSTERVILLE

February 2018 Course Catalog



February 2018 Courses

Power & Agility Development for Athletes

Mondays & Wednesdays 3:15-4:15pm 4 weeks (2/12-3/7)

Athletes will be educated about the purpose and benefits of developing power and agility in improving athletic performance. Athletes will then undergo basic power and agility testing to identify baseline measures then throughout the following weeks will be prescribed a variety of exercises aimed at enhancing power, agility, and overall athletic performance. All program participants will be retested at the end of the course to evaluate their progress.

Learn to Burn

Mondays & Wednesdays 4:30-5:30pm 4 weeks (2/12-3/7)

This course is designed to provide basic knowledge of fat as a nutrient and its effect on human performance. Not only will you sweat and get in a good workout but you will also “learn to burn” while you do it. Mini lectures will provide education on current research and what types of exercises elicit the highest effect on utilizing fat as an energy source during our daily routines. We will address common myths/misconceptions and find ways to build positive daily habits to optimize and reach each individual’s fat loss goals.

Each 4 week session is priced as follows:

Members of Mashpee or Barnstable Fitness \$99

Non-Members \$149

To get more information on our course offerings and to reserve your spot, please call our Osterville location at 508.420.3535.

Intro to TRX

Tuesdays & Thursdays 9:00-10:00am 4 weeks (2/13-3/8)

Learn how to use the weight of your own body to progress your fitness program with the TRX system. We will show you how to safely and effectively get the most out of each exercise that is taught. Along with the movements we will learn how to implement the proper amount of sets and repetitions of each based on our perceived effort and exercise intensity.

Fighting Falls

Tuesdays & Thursdays 11:30-12:30pm 4 weeks (2/13-3/8)

The Fighting Falls Program at Cape Cod Rehab is designed to improve balance, coordination, flexibility, and strength to reduce the risk of falls and maintain activities of daily living. Each new session of Fighting Falls begins with baseline testing and discussions of risk factors followed by exercises targeting balance and posture. The number of participants in each group is limited to provide more individualized attention for each member.

