

# Our Mission

To improve the skills and performance of athletes through intense individualized athletic

# Athlete Development

Athletes require:

**SPEED, AGILITY, QUICKNESS & POWER.**

Our programs are designed to address these four areas. Our goal at Healthways is to develop better athletic performance in every athlete, no matter what sport they

## Facility Details

- ◆ 3000 sq ft strength and conditioning area
- ◆ 3600 sq ft of turf field, batting cages, hockey shooting areas, 4 Olympic Stations, Olympic Free Weights, Cybex & Paramount stations, Dumbbells, Kettlebells, 5 treadmills, 5 Ellipticals, 8 Spin Bikes



For More Information

Call Mike: 258-8553

Healthways Athletic Enhancement

2020 Lovett Ave

Bismarck, ND 58504



**TRAINING  
CENTER**



**Take Your Game To The Next Level!**

## Take Your Training To The Next Level

- ◆ Healthways Athlete Training Center is a state-of-the-art training facility dedicated to the enhancement of athletic performance for athletes for all ages, skill levels and sports. Athletes require SPEED, AGILITY, QUICKNESS & POWER. Our goal at Healthways is to develop better athletic performance, no matter what sport you choose to participate in. Training at the Athlete Training Center allows each individual athlete to focus on optimal success while avoiding distractions that are sometimes presents in “typical” fitness centers.



## Great Training + Great Athletes =

- ◆ All of our coaches are college degree certified exercise professionals. Our coaches strive to bring the latest training techniques to our athletes through continual education and research. We strive to stay on top of the latest technology and approaches to sports performance training
- ◆ Mike Salwei Bsc is the manager and head trainer for Healthways Athlete Training Center. Mr. Salwei has worked with Professional, Division 1, high school, and grade school athletes. He is the Head Strength and Conditioning Coach for the Bismarck Bobcats hockey team of the NAHL. Mike recieved his Bachelors Degree in Exercise Science from the Univer-

## Training Programs

- ◆ All of our programs are designed to meet the needs of our individual athletes. Each athlete is coached throughout their workout session to ensure each training technique is being properly performed.

## See how good you CAN be

- ◆ Adult Fitness Program
- ◆ Are you tired of running on the treadmill? If you are an adult looking for an exciting, innovative exercise regimen, we have the program for you. No two sessions are alike, working out in small groups, you will see excellent results from our dynamic, intense workouts designed to improve full body strength, shape, and definition. Each workout will focus on flexibility through dynamic warm-up, functional strength and power movements, as well as cardiovascular conditioning. Whether you are training for an upcoming triathlon or just looking to lose a few pounds and need some interesting exercise for motivation, our Adult Fitness Program may be just what you are looking for.

