



We offer the following Performance Enhancement services:

Performance Enhancement

Maximizing athletic development and potential.

Athletic Training

Have a trained professional available for injury prevention and emergencies.

Bike Fitting

A proper fitting can increase comfort, efficiency, and performance on your bike.

Titleist Performance Institute (TPI)

IRG can help you feel and perform better on the golf course.

Kinesio Taping

Improve performance, enhance healing, and correct movement patterns.

Sports Nutrition

Fuel for optimal performance.

Adult Performance

Prepare for it. Be ready. Be better.