



Dominic Novak shows some of the techniques to using the Makoto Arena.

## Fitness center opens new performance institute

Peak Physique of Greenwich recently held its grand opening of a new sports performance institute.

Since 1993, Peak Physique has offered personal training. Now it is expanding services to work with children 8 to 18 years old. A sports performance line of equipment, including the Makoto Arena that all the professional sports teams are using, have been added to its 10,000-square-foot center.

Peak Physique's program aims to help enhance motor skills, agility, foot work, first step quickness, callisthenics, speed, endurance, conditioning, strength, power and sport-specific training. The fitness center aims to help children improve coordination and teens improve athleticism.

The center will offer a special price until Labor Day for children and young adults 10 to 21 years old.