

Functional Integrated Training (F.I.T.) –
Located at 5380 King James Way – Suite A1
Jared Markiewicz – Owner

Working primarily with adults, ages 25 – 50, who have a desire to perform as athletes as adults. F.I.T. also has high school athlete and youth (ages 5 -9 and ages 10 – 13) programming. Practicum hours could be Monday through Friday, probably either early morning and/or early evening working with the adult population. Working with the younger populations might be possible, depending upon schedules.

Practicum would include observation and then hands on training of facility clientele. This would include screening and assessment of new clientele, periodic re-assessment of existing clientele to determine progress and effectiveness of training, program design aspects, and training interaction. Training may include one-on-one or small group activities.