



For Immediate Release

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**Pursuit Athletic Performance Now Offering Classes in
Functional Strength and Flexibility
Six-Week Session Begins September 19**

Registration Now Open

Old Saybrook, CT...August 31, 2011...Pursuit Athletic Performance (PAP), the region's foremost gait analysis, athletic training, and rehabilitation facility, is now offering Functional Strength and Flexibility classes, beginning September 19, 2011. The classes are designed to help athletes become stronger, faster, and more injury resistant by developing true core stability, efficient movement, and improved power and strength. The six-week, semi-private sessions will be held at the Center for Better Health, 1381 Boston Post Road, Old Saybrook, CT. Classes are offered on Monday and Wednesday from 5:30-6:30 a.m., or 9:15-10:15 a.m. The cost is \$240 for a six week session of two classes per week. Online registration is available at www.pursuitathleticperformance.com. For more information call 860-943-0031.

Said Coach Al Lyman, co-founder of Pursuit Athletic Performance, "If you're wondering if a functional strength class is right for you, ask yourself the following questions—Are you injured again? Have you hit a plateau? Do you want to become stronger and faster, but don't know how? If so, functional training with PAP is your answer. Few fitness facilities and instructors can come close to the quality and results of our training, or match the depth of our expertise. We are recognized experts on a mission to offer athletes powerful improvement in their athletic development while staying injury free. With us, be prepared to achieve."

The 12 classes in each session are presented sequentially. Each class builds on the earlier training to, ultimately, correct dysfunctional movement, reverse poor biomechanics, increase efficiency, enhance mobility, flexibility and coordination, and create specific movement skills needed for better athletic performance.

“Athletes in our class will replace weak, unstable form with a body that is strong, stable, resilient, and injury resistant,” said Dr. Kurt Strecker, also a PAP co-founder. “True functional strength training—and that is what we offer—is essential for any athlete who wants to get faster, stay uninjured, and strive to reach their full potential whether they be an elite racer or back-of-the-pack finisher.”

The Functional Strength and Flexibility classes are directed by PAP co-founders Coach Al Lyman and Dr. Kurt Strecker. They will be taught by Leslie Stratton, a personal trainer certified through the National Academy of Sports Medicine (NASM).

Dr. Kurt Strecker is a Certified Chiropractic Sports Physician. He is on the post-graduate faculty for Southern California University of Health Sciences, and lectures on the diagnosis, treatment and rehabilitation of sport-related injuries. Dr. Strecker is certified in Active Release Techniques (ART), a state-of-the-art soft tissue treatment system frequently used to treat top athletes. He is co-founder of the Center for Better Health in Old Saybrook, and holds a USA Cycling Level 3 coaching license. He is also a competitive runner and triathlete.

Coach Al Lyman is the owner and founder of Pursuit Fitness, the nationally-recognized coaching company for endurance athletes. An author, columnist and motivational speaker, he has been coaching novice to elite athletes since 1999, including the 2010 Ironman World Championship’s 45-49 age group winner and course record holder, Lisbeth Kenyon. A certified expert in Clinical Gait Analysis, Coach Lyman has participated in hundreds of endurance races. He has run 25 marathons, with a personal best of 2:39 at the Boston Marathon. He has competed in nine Ironman Triathlons, including three Ironman World Championships in Kona, Hawaii.

Pursuit Athletic Performance is an athletic training and rehabilitation company dedicated to helping athletes become stronger, faster, and more injury resistant. PAP is also home to the Gait Lab, a state-of-the-art facility that provides the most comprehensive and technologically-advanced athletic evaluation system available today. Athletes of all levels and in all disciplines of sport can be evaluated at and train with Pursuit Athletic Performance.

PAP is located at the Center for Better Health, 1381 Boston Post Road, Old Saybrook, CT. Please visit the website at www.pursuitathleticperformance.com for complete information, or call 860-943-0031.