

## PRO PERFORMANCE, INC.

**T**he sight of people walking up Clocktower Hill wearing a weight vest have become almost as much a fixture in Rome as the hill itself. *Pro Performance, Inc.* is also becoming a fixture in our community. Pro Performance is the company that gets those people to walk up that hill.

Pro Performance has become well known in Rome and Floyd County for its Boot Camp, a six-week program that combines cardiovascular and resistance training along with a proven weight loss plan to make what Pro Performance promises is the most comprehensive, most educational and most uplifting mental and physical exercise program its customers have ever encountered.

"People who participate in boot camp gain a tremendous amount of self confidence and are mentally tougher" than before they enter the program, according to Pro Performance owner **Scott Hines**.

Ideal for all fitness levels, the three-per-week, one-hour long Boot Camp sessions are held in Pro Performance's facility. Boot Camp also introduces participants to a very easy comprehensive nutrition plan that enables participants to either lose weight or to better implement a more healthy way of eating. This is a great nutrition program that allows participants to eat real foods, and is not a "fad" diet such as a low carb, high protein diet.

But Pro Performance isn't about Boot Camp only. The company also offers personal and group training, sports performance training, kettlebell training, XWest walking, kickboxing and nutrition programs.

Personal training is a 30-minute session built specifically for the individual working with the trainer. For example, an athlete can have a program that relates directly to that athlete's particular sport. Group training includes between three and eight people and provides an intense 45 minute circuit training in a more social setting.

Kettlebell training, which features exercises with a traditional Russian cast iron weight that looks like a cannonball with a handle, has become popular for the versatile and effective workout that it provides. XWest walking is a popular one-hour class that takes place outdoors. In XWest walking, participants walk while wearing a weighted vest that can hold various amounts of weight based on the participant's fitness level. Both Kettlebell training and XWest walking are great ways to lose weight, get into shape and have fun with other people.

In all classes, Pro Performance stresses safety, and will not compromise the health of its clients, who are the staff's No. 1 concern.

"We are extremely results driven, we care for our clients a great deal and we are here to

serve," Hines said. "I think that intense training and mental toughness transfers into our everyday life. It helps us handle daily stresses a lot better and with more confidence."

Hines' clients have gained plenty of confidence in Pro Performance, largely because of the experience the staff brings into the sessions. Hines himself has over 22 years of training and coaching experience. A former college linebacker, Hines has coached football in the high school and collegiate ranks, and came to Rome in 1994 as the head strength and conditioning coach, assistant football coach and head wrestling coach. After serving at RHS for six years, he opened Pro Performance in a 1,000 square foot building. It has since grown into a facility 18 times that size.

Scott's wife of over 22 years, **Lisa**, also helps run the facility, along with a staff of six others that include other certified trainers, a certified nutritionist and a certified massage therapist.

More information about Pro Performance is available on the company's website at [www.pro-performance.net](http://www.pro-performance.net) or by calling 706-234-9639.



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