



Performance

ProSport Performance is the premier athletic training facility in Orange county providing fitness instruction led by Certified Personal Trainers and Exercise Science Professionals.

Our Personal Fitness Programs are ideal for all ages, levels and physical abilities because we build programs to suit you.

we pride ourselves on offering safe one-on-one and small group programs focusing on the principals of; strength, power, endurance,

agility, balance and flexibility.

Led by a team of exercise science professionals, ProSport Performance is dedicated to y our health and well-being, by providing a safe state-of-the-art facility.

We are committed to enhancing amateur and professional athletic performance though sport specific movements.

PROSPORT PERFORMANCE TEAM



Todd Riech USAW
Dir. Sports Performance Coaching



Robert Spang PT, DPT, SC, CSCS, USAW
Dir. of Operations



John Poblete NASM-PES, USAW
Personal Trainer/Sports Performance Coach



Linda Noble CPT
Personal Trainer
Group Exercise Instructor



Kevin O'Connor CSCS, USAW
Sports Performance Coach



Lisa Spang
Office Coordinator



Lisa Riech BS, PTA, USAW
Sports Performance Coach
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