



## 2010 PFT HOCKEY CONDITIONING CAMP

### Everyday you are not training...somebody else is!

Pro-Fitness Training's Elite Hockey Conditioning Camp is an all inclusive program designed to take care of all your off season conditioning needs. PFT'S Hockey Conditioning Camp is designed to take your game to the next level during 8 weeks of intensive training. Our fully integrated program includes your choice of 2 or 3 dry land sessions per week, 14 on-ice training and skills, fitness testing and nutritional guidance. If you are an elite player and are highly motivated to get even better, this program is for you.

Dates: July 7-August 27, 2010

Age: 15-18 (group will be limited to 20 skaters and 2 goalies)

Cost: 3 Dry Land Sessions/week: \$660 (14 on-ice sessions and 23 dry land sessions)

2 Dry Land Sessions/week: \$560 (14 on-ice sessions and 16 dry land sessions)

Location: Dry Land @ 523 Harstone Rd On-Ice Sessions: University of Manitoba

Registration Deadline: June 1st, 2010. \$200 deposit due at time of registration

Contact: Please contact Amy at [aherosian@shaw.ca](mailto:aherosian@shaw.ca) or 885-0898 for more information.

Please refer to camp calendar for further details

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Contact: 885-0898 Email: [aherosian@shaw.ca](mailto:aherosian@shaw.ca)