



PFT HOCKEY SPECIFIC DRYLAND TRAINING

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

Train like the Pro's. Pro-Fitness Training's dry land training will focus on linked strength, speed, agility, first step quickness, power, core strength and stability along, with anaerobic and aerobic conditioning specific to hockey to get you to the top of your game.

Dates: July 6-August 30, 2010 (8 weeks)

Times: Session times are flexible. Please contact Amy for more information

Age: 13-20

Cost for July and August: 2 sessions per week: \$380 +GST

3 sessions per week: \$530 +GST

4 sessions per week: \$640 +GST

5 sessions per week: \$700 +GST

Location: 523 Harstone Rd

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

Contact: Please contact Amy at aherosian@shaw.ca or 885-0898 for more information.

Pro-Fitness Training 523 Harstone Rd Winnipeg MB R3R 1C8
Contact: 885-0898 Email: aherosian@shaw.ca