



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.

Training protocol will be determined based on the player's strengths and weaknesses to provide a more individualized program.

Dates: Starting in May, 2011 to September, 2011

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

Age: 12 and up

Cost per month: 2 sessions per week: \$195 +GST

3 sessions per week: \$265 +GST

4 sessions per week: \$312 +GST

5 sessions per week: \$350 +GST

Location: 523 Harstone Rd

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

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