

## Off-ice Hockey Condition Training Launch March 1st 2009



·Improved shot power by maximizing your hip torso and shoulder rotation



·Improved durability to withstand the impact of physical play



·Better foot quickness and agility on the ice

· Elite conditioning known as the Greco Method enables you to play at the highest speed every shift, every period, and every game throughout the season

·Greater acceleration through hip mobility and power to maximize your push off the ice



·Build leverage by applying your body's strength through all range of motion



**All prices are based on 45min sessions**

**One on One Training ..... \$75.00/session**

**Partner Training (2-4 players) ..... \$52.00/player**

**Team Training (6-20 players) ..... \$15.00/player**