

Off-ice Hockey Conditioning Training For Young Boys and Girls Ages 8-14

- Train Like the Pros to improve sport specific **SPEED, AGILITY, BALANCE** and **CORE STRENGTH**
- Improve your shot power and acceleration with improved hip mobility



- Improve stability, balance, coordination and core strength.
- Better foot quickness and agility on the ice



- Build Speed to take your performance to the next level!

Receive the same training as the Pros

in a **FUN** setting!

Be ready for the next Season with the Greco Method!

This is an exciting youth off-ice training program.

Initial and final fitness assessments are included in the structured five week program.

Sessions are on Saturday at 10am, and Sunday at 12pm.

Pricing:

Single Participant.....\$199 (10 sessions)

Two or more family members.....\$ 149

Please Contact: (613) 591-0348 OR www.grecoleanandfit.com

Lean and Fit Kanata