

# TRAIN LIKE A FREAK!

- ⊗ Increase acceleration through hip mobility and increased power
- ⊗ Improve shot power by maximizing your hip, torso and shoulder rotation
- ⊗ Develop durability to withstand the impact of physical play
- ⊗ Enhance speed and agility on ice
- ⊗ Build athleticism by applying your body's strength through its entire range of motion

*Train like an ALL STAR*

## GRECO OFF-ICE HOCKEY CONDITIONING

**LAUNCH MARCH 2011**

One on One	\$75.00/session
Partner Training (2-4 players)	\$52.00/player
Partner Training (5-9 players)	\$45.00/player
Team Training (10-20 people)	\$15.00/player
Junior Train Like a Freak (Up to 14 years of age)	\$499/10 wks



*"Tony, Thanks for taking me to the next level. You're the BEST!"  
Dan Boyle*



*"This is the BEST workout I have even done. Tony Brings the BEST out of me!"  
Claude Giroux*



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