

**TRAIN
LIKE A
FREAK!**

**FF GrecoTM
OICE**

HOCKEY CONDITIONING

**TRAIN LIKE AN ALL STAR
THIS SUMMER**

- ⊗ 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 the physical play
- ⊗ Enhance speed and agility on ice
- ⊗ Build athleticism by applying you body's strength through its entire range of motion

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 players)	\$15.00/player
Junior train like a freak (up to 14 yrs of age)	\$499.00/10weeks

For more information please contact
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Kanata@grecoleanandfit.com
www.grecostrainlikeafreak.com

“This is the best workout I have ever done. Tony brings the best out of me!”
Claude Giroux



“Tony, Thanks for taking me to the next level. You're the best!”
Dan Boyle

