

SPORTS MEDICINE PROGRAMS – September 7 to October 30, 2010

T2TU: Train 2 Train Ultra High Performance

Ultra Killer Speed, Ultra Killer Power, Ultra Killer Agility



A unique training program for athletes looking to improve their sport specific skill development. Key components of focus each day will be on speed, power and agility. Focus is on the introduction and development of resistance training skills, training of the aerobic system and further development of movement skills practice. Athletes will receive hands-on coaching and teaching with individual and group exercise prescription while thriving off the energy and motivation of the group session. Athletes will notice a marked improvement and transfer of skill to the ice, field, and court. *A perfect choice for athletes aged 16 - 18 from any sport.*

| Times | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------|----------|----------|-----------|----------|----------|----------|
| 4:00 PM | T2TU/T2T | | T2TU/T2T | | T2TU/T2T | |
| 5:00 PM | | T2TU/T2T | | T2TU/T2T | | |
| 6:00 PM | | | | | T2TU/T2T | |
| 7:00 PM | T2TU/T2T | | T2TU/T2T | | | |

Pricing: All prices subject to HST

4x/week= \$12/session

2x/week= \$20/session

Athletic Therapy Clients= \$30/session

3x/week= \$15/session

1x/week= \$22/session

Check your Extended Health Care plan today to see if you have Athletic Therapy coverage.

Fit Test Start Dates: Monday September 13, 2010
Tuesday September 14, 2010

Fit Test End Dates: Monday October 18, 2010
Tuesday October 19, 2010

Ensure you book your appointments accordingly with the fitness-testing schedule.