



MIND TO MUSCLE OFF-ICE SUMMER HOCKEY PROGRAM

**BIGGER, FASTER,
STRONGER.
EXPERIENCE THE M2M EDGE**

PREPARING YOU FOR THE NEXT LEVEL!

The Mind to Muscle Off-Ice Summer hockey Program WILL give you the edge next season. Over the course of this offseason, our experienced coaches will guide you through a comprehensive offseason strength and conditioning program that has been trusted by many NHL, OHL, NCAA, and Tier 2 Players; to improve speed & agility, strength, power, and work capacity.

- ✓ Industry Leading Technology:
- ✓ Vald Performance Speed System
- ✓ OVR Jump Testing & Velocity Training
- ✓ Elite Coaching

- ✓ Nutritional Guidance & Recovery Lounge
- ✓ Continuous Tracking and Recording

Membership & Pricing:
Pro Group (Invite Only, Contact Us)
\$548+HST

Major Jr. Group (Invite Only, Contact Us) \$548+HST

Junior Elite SHP: \$320+HST (10-pack)
\$589+HST (20-pack)

Elite Prospects SHP: \$320+HST (10-pack)
\$589+HST (20-pack)



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