



Dear CMHA

I am beyond excited to reach out to you and believe we can help you and your athletes with any of your “Cross training” needs. Building well rounded athletes is our passion and we take great pride in developing custom team programs filled with great stability and strength so you can have a very success- filled hockey season!

To give you a better understanding of our program I have included a brief outline of what we typically do. I would be happy to set a time and date to meet up and tour you though our spaces, this will allow us to create a program that will suit your teams needs best.

One-hour sessions include an educational warm up – strength and conditioning component and recovery/ cool down and stretch – in most cases we provide not only training but also education on topics such as:

- Mobility and stability
- Injury prevention and recovery
- Foam rolling and dynamic stretching
- Strength and Power

Our trainers are versed in specialties such as an osteopathic background, kinesiology, triathlon, swimming and more. We have trainers who have familiarity with soccer, rugby, football and ringette and volleyball to name a few. We want your athletes to walk away with the confidence and education knowing the “why” behind the training they are receiving.

Team Training Package

- **Team Training package: \$150 Includes one trainer and room rental**
- **Level Up package: \$175 Includes two trainers and room rental**

We can accommodate up to 30 athletes each package and recommend the hands on expertise that two trainers will bring in our level up package – most of our user groups do this even with less than 30 athletes as it becomes quite a personal experience and more hands on – If you have 15 athletes in a one hour session and book two trainers it will cost each athlete less than \$12.00 for a customized sport specific workout – that is less than our drop in rate of \$15.00

We are extremely proud of our product and trainers. Our goal is to be “the place” for all local athletes and we guarantee an incredible experience.

Warmest Regards:

Stephanie Marrello | **Fitness Coordinator**

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