

STS Active Presents Off-Ice Sports Training @ Lakeland Ice Arena

Training Program Includes:

- SAQ's Training (Speed, Agility, Quickness)
- Hip/Joint Mobility
- Reactive/Plyometric Training
- Advanced Suspension / CORE Training
- Dynamic Sports Movement Training
- Advanced Stabilization Training
- Flexibility / Myofascial Release

STS Active Off-Ice Training is a functional and dynamic workout that will meet the demands placed on both hockey players and figure skaters, enhancing overall performance and growth in the athlete's sport. The program will address athletes at any age or fitness level by use of the periodization training method.

Proper alignment, technique, and functional movement screens will ensure that each athlete is progressing at a safe and effective level to ensure the most potential for growth and success in their athletic career.

Performance Enhancement Training has taken great strides over the past years; we ensure that we will provide the most advanced training methods used by today's top athletes.

"It's not the will to win that matters-everyone has that. It's the will to prepare to win that matters." Paul "Bear" Bryant

"Failing to prepare is preparing to fail." Wayne Gretzky

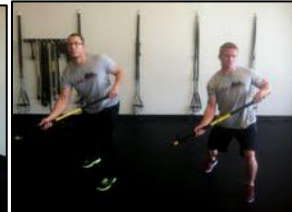
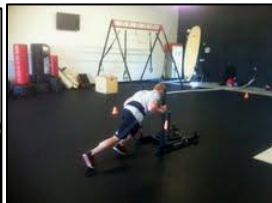
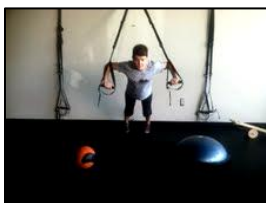
Come check us out in the training room upstairs at Lakeland Ice Arena and see what STS Active can do for YOU!

Training Session Dates: Starting September 9th, 2013

Mon @ 7:30-8:15pm Thurs @ 5:45-6:30pm Saturday @ 9:30am

Packages Prices

5 sessions:	\$75
10 sessions:	\$130
15 sessions:	\$180
20 sessions:	\$200





TRAIN TO REACH YOUR PEAK