

TRAIN WITH THE PRO!



MITCH LOVE OFF-ICE CONDITIONING CAMP

If you want to play like a PRO, come train with Mitch Love. Elite, high-performance dry-land training for the serious Hockey player. This specialized program includes Energy System Development, flexibility, strength & power, speed & agility, balance, and core training. Come experience how to train at a level that allows you to blow away the competition and compete in one of the highest levels in the sport of Hockey!

Location: Everett Sports Performance Center,
1502 Hewitt Ave. Everett, WA 98201

Dates: June 17th – July 24thth (Tuesday/Thursday)

Time: 6:00pm – 7:00pm Tuesday/Thursday

Cost: \$120.00. (12 training sessions--approx. 60 min/session)

Total: \$ _____

(Credit Card payments accepted at Everett PT or make check payable to Everett PT)

Contact: Everett PT & Sports Performance Center
425.252.3908 www.everettpt.com



EVERETT PHYSICAL THERAPY
SPORTS PERFORMANCE CENTER, LLC

AN IRG AFFILIATE