

It's Magic



MHTC

Fitness Programs  
2010



*add Magic to your game*

**PROGRAMS:**

- Small Group Sessions
- Team Fitness
- Private Training Sessions
- Dry Land Goalie Specific Training



**New Program:** (April to July)  
**Dry Land Goalie Specific Training**

Sponsored by:



Tel: 604 881 4625  
www.magichockey.ca

# 2010 Spring Fitness Programs

Call Now and Register

094.881.4625

Or

Register on Line

www.magichockey.ca

MFD - Magic Fitness Development

"The Premiere Training Experience."

## Fitness Programs 2010

**PROGRAMS:**

- Small Group Sessions
- Team Fitness
- Private Training Sessions
- Dry Land Goalie Specific Training



**SMALL GROUP SESSIONS**

Group Sessions: 60 min  
1 Class per week  
Min 3 max 8 Athletes

\*\$100/per  
Month

\*\*TRAIN WITH A PROFESSIONAL TRAINER.

**TEAM FITNESS SESSION**

Team Sessions: 60 min  
1 Class per week  
MAX. 17 Athletes

\*\$115/per  
Session

\*\*TRAIN IN A CONTROLLED ENVIRONMENT WITH  
A PROFESSIONAL TRAINER.

**PRIVATE TRAINING SESSIONS**

\*\*ONE ON ONE TRAINING WITH A PROFESSIONAL TRAINER.

\*\$40/per  
Session

**New Program - Dry Land  
Goalie Specific Training**

(April to July)

- Core Training
- Cardio Speed
- Agility
- Power Flexibility
- Yoga

*Sign up Now!*



**Group 1**  
3 X per week  
Ages 14-17  
\$200 pre-month

**Group 2**  
Ages 10-13  
2 X per week  
\$128 pre-month

All prices includes gst - (Until June 30, 2010)

\*Only applies when sign up for our 6 - 12 month training program

Exemptions:  
Christmas Break (2 Weeks) and 5 weeks during the Summer from the last week of July thru last Week of August.

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