



SPRING CAMP STRENGTH AND CONDITIONING CLASS FOR FOOTBALL SKILL DEVELOPMENT

TRAIN LIKE A PRO. PERFORM LIKE A PRO



WEEKEND STRENGTH/CONDITIONING FOR ALL POSITIONS
PRE CAMP S&C WORKSHOP TO AID IN PERFORMANCE, SKILL, AND INJURY PREVENTION
SELECTIVE FUNCTIONAL MOVEMENT ASSESSMENT - BY PERFORMANCE CHIROPRACTIC
BASE LINE ASSESSMENTS
POSITION SPECIFIC 4 WEEK PROGRAM
HIGH END TRAINING FACILITY PROVIDING A SAFE ATHLETIC ENVIRONMENT
ACCESS TO YOGA/GROUP STRENGTH CLASSES
NUTRITION COACHING/SUPPLEMENT DISCOUNTS
FULL 24/7 FACILITY ACCESS

April 29th - 30th | 11am - 1pm

EARLY-BIRD REGISTRATION SPECIAL: \$150.00
(register for spring and main camp S & C class together for \$250)
TO REGISTER CALL: 780 757 3481 | mkorobanik@shaw.ca
WWW.AFELITETRAINING.COM
ANYTIME FITNESS OLD STRATHCONA
10469 80 AVE EDMONTON AB

