



***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: July 6th – July 22nd 2009(Monday/Wednesday)

Time: 7:00pm – 8:00pm (Monday/Wednesday) All Ages

**Cost: \$60.00. (6 training sessions--approx. 60 min/session)**

**Total: \$ \_\_\_\_\_**

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

Name: \_\_\_\_\_ Telephone: \_\_\_\_\_ Email: \_\_\_\_\_

**Contact:** Everett PT & Sports Performance Center  
425-512-0671 [www.everettpt.com](http://www.everettpt.com)



**EVERETT PHYSICAL THERAPY  
SPORTS PERFORMANCE CENTER, LLC**

**AN IRG AFFILIATE**