



Hockey

Dry-land training



Help improve athletic performance, prevent injuries and promote longevity through Hockey-specific speed and power training

- Speed and agility drills
- Plyometric development
- Resistance training
- Vertical jump training
- Conditioning
- Flexibility and stability exercises

Off Ice training for Hip Explosion and Foot Speed!!

Small Group Classes

Year-round training available / Up to 12 athletes per coach

Choose times and frequency from our schedule

Join individually ANYTIME!

Age: 8-12 yrs. 5:30-6:30 pm M-Tu-Th / Sat. 10:30 am

Age: 13+ yrs. 6:30-7:30 pm M-Tu-Th / Sat. 10:30 & 11:30 am

\$20 per session per player or \$180 for 10 sessions

(Save with monthly unlimited packages – see website)

Team Packages

4-12+ Hockey-Specific sessions (Approx. 1 hour each)

Create your own times and days

Sessions	6-11 ath's	12+ ath's
4	\$60 (\$15/ses.)	\$50 (\$12.50/ses.)
8	\$112 (\$14/ses.)	\$90 (\$11.25/ses.)
12	\$156 (\$13/ses.)	\$120 (\$10/ses.)

Also available:

1-on-1 training and

Team Mates (2+ athletes)

Athletes trained by EDGE Sports Fitness speed and strength staff:

DENNY BONEWITZ
Strength Coach

UNIV. OF NORTH TEXAS
UNIV. OF NEW MEXICO
UNIV. OF CALIFORNIA
UNIV. OF HOUSTON

ROB SUNDQUIST
Athletic Trainer

CREEKVIEW HIGH SCHOOL
UNIV. OF NORTH TEXAS
OREGON STATE UNIVERSITY

DALE JONES
Strength Coach

WASHBURN UNIVERSITY
UNIV. OF NORTH TEXAS
UNIV. OF HOUSTON

To register call (940) 391-3711

www.EdgeSportsFitness.com



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