



Come see what it's like to train like a professional with sessions including agility, strength, conditioning, and core specific exercises & drills. Strength and conditioning coaches from experienced AHL, NHL, and NFL teams will conduct individual evaluations. TWO high intensity and fun off ice sessions per week will create the building blocks for a successful future.

When is it?

- SUMMER 2018
- June 11th to August 15th
- Every Monday & Wednesday
- 6-7:30pm

****TIMES ARE SUBJECT TO CHANGE IF THERE IS AN OVERABUNDANCE OF PARTICIPANTS.**

Where is it?

- Glen Meadows Park, Olympiad Drive, Hamburg, NY 14075 (Village of Hamburg)

How much does it cost?

- \$150
- Cash or check (made payable to 7K Unlimited)

“Believe in your dreams and you’re half way there.”