

# Pre-Tryout Program

**MIND to MUSCLE™**  
STRENGTH & CONDITIONING CENTRE

There is a short window of time from when the season ends until tryouts begin. Mind to Muscle can help you achieve significant gains in your strength, power, agility and quickness during this time with our Pre-Tryout Program.

The best way to stand out at tryouts is to be prepared! Our system blends our extensive hockey knowledge and expertise with a proven conditioning program to make the biggest difference in the shortest amount of time.

**Make sure you arrive at tryouts this year ready to stand out!**

## 6 Week Program

March 14th – April 21st

Train 1, 2 or 3 x/week

6 sessions ..... \$119\*

12 sessions ..... \$209\*

18 sessions ..... \$269\*

*\*Plus HST*

**Atom/Peewee**

Mon.....7:00 - 8:00 pm

Tues/Thurs .....5:30 - 6:30 pm

**Bantam/Midget**

Mon/Tues/Wed .....8:00 - 9:00 pm

**Don't just make the team,  
make the team better!**

**REGISTER NOW**

[admin@mindtomuscle.ca](mailto:admin@mindtomuscle.ca)

**705-737-5097**

