



Our eight-week spring program is specifically designed to enhance your post-season conditioning and prepare you to maximize your off-season goals.

- **IMPROVE PHYSICAL AND MENTAL STRENGTH**
- **PROGRESS OUR TRAINING FUNDAMENTALS**
- **ENHANCE YOUR MOVEMENT AND CONFIDENCE**

11 off-ice sessions \$385

Scheduled on same days as on-ice at MB Ice Arena  
Spaces are filling - Register today!

Contact Susan at: 630.207.5900  
sgoodman@goodmanelite.com

\*Group sizes are limited and selected on a  
first come - first registered basis

Please indicate your first choice of training time with a "1",  
second choice with a "2", third choice with a "3", etc.  
(Wednesday May 15th & 22nd to be scheduled later)

***Tuesday & Thursday Training Time Options:***

<b>525 - 615</b>	_____
<b>540 - 630</b>	_____
<b>555 - 645</b>	_____
<b>610 - 700</b>	_____
<b>855 - 945</b>	_____
<b>910 - 1000</b>	_____

**Name of Player Registering** \_\_\_\_\_

-----