

THE REHABGYM

FIELD HOCKEY PRE-SEASON *training*



➔ STICK SKILLS ➔ CONDITIONING ➔ STRENGTH TRAINING

TUESDAYS & FRIDAYS FROM 8:00 - 9:30 AM
AT THE CVUHS FIELD HOCKEY FIELD

SESSION I (*two weeks starting JUNE 19*): \$100

SESSION II (*four weeks starting JULY 17*): \$150

ATTEND BOTH SESSIONS (*six weeks*) FOR \$225

Cost includes strength band, foam roller, and t-shirt, as well as membership to the RehabGYM facility during the weeks in session.

FOR MORE INFORMATION, CONTACT SUE.DODGE@REHABGYM.COM