

Shape. Sculpt. Get Fit. Have Fun.

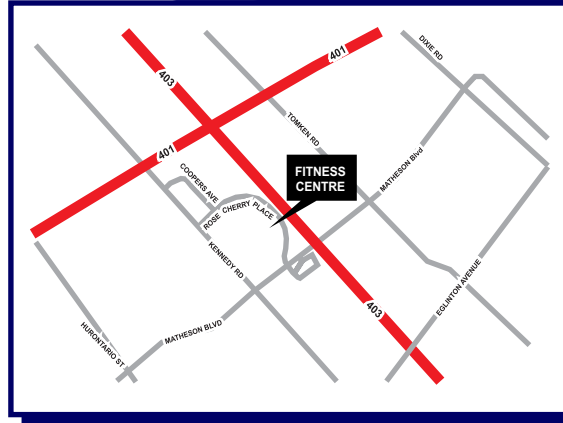
## ABOUT OUR FACILITY

Hershey SportsZone Fitness Centre is fully equipped with the latest in fitness equipment and areas for individual and sports team training. Athletes and teams will be exercising with equipment and programs specially designed to improve athletic performance. Athletes and team members can also purchase a fitness membership which includes:

- Strength training equipment, free weights and cardio equipment.
- Fit Walls and the TRX Training System.
- Various classes that assist with athletic development: TRX Circuit Class, Athletic Training Drills, Yoga for Athletes and many others.

If you are interested in building championship athletes please see below for contact information

**PAUL DEVINE**  
Fitness Supervisor  
905-615-3200 ext 5293  
paul.devine@mississauga.ca



**HERSHEY**  
**SPORTZONE**  
FITNESS CENTRE  
MISSISSAUGA · CANADA

5600 Rose Cherry Place, Mississauga, ON, L4Z 4B6  
Phone: 905-615-3200 x3988  
www.hersheycentre.com

**HERSHEY**  
**SPORTZONE**

**HERSHEY**  
**SPORTZONE**  
FITNESS CENTRE  
MISSISSAUGA · CANADA



**TEAM TRAINING**

City of  
Mississauga  
Leading today for tomorrow

# INDIVIDUAL & TEAM TRAINING



Be game ready with Hershey Sport Zone Fitness Centre's individual and team training programs. Whether you choose to train one-one-one or in a team setting, our certified trainers can offer a wide variety of programs that provide athletes or teams a competitive edge over their competition.

## PLAYERS WILL INCREASE:

- **Strength**
- **Speed**
- **Agility**
- **Power**
- **Balance**

By improving overall fitness and enhancing athleticism your team and athletes will reach their highest potential leading to improved performance.

All training programs are designed to motivate and inspire athletes of all abilities and ages (10 years+). We offer individual and team programs for your activity of choice:

- **Hockey**
- **Soccer**
- **Basketball**
- **Baseball**
- **Football**
- **Golf**



## INDIVIDUAL TRAINING PROGRAMS

- Individual programming can include a fitness assessment and testing.
- Program design will address sport demands, prior injuries, positional demands, experience and fitness goals.
- Anyone interested in individual program design can visit the Customer Service for details. Personal Training rates apply.

## TEAM TRAINING PROGRAMS

- All team training programs are 8 weeks in length.
- Individual or team rates can apply.
- All team training programs are progressive.

### PHASE 1

#### Preparation for Training

Learn how to train and get fit. Increase overall strength and cardio endurance. Work on weaknesses, decrease injury potential and get ready for training.

### PHASE 2

#### Off Season Training

Prepare for the pre-season. Training will continue to work on improving overall strength, power and overall conditioning. An additional emphasis will focus on developing secondary fitness characteristics including speed, agility, quickness, and acceleration.

### PHASE 3

#### Pre Season

Get ready to compete and achieve peak fitness while maintaining peak strength and power as your training volume decreases as you add more sport training and practices in the pre-season.