

Fox Valley Fitness & H2T presents **HOCKEY TREADMILL**



MAXIMIZE YOUR GAME POTENTIAL!

Get your game on with year round professional hockey training sessions featuring Head to Toe Hockey and Sean Nicholson experienced hockey player and coach.

- **Stick Handling**
- **Shooting**
- **Stride Potential**
- **Speed and Endurance**
- **Hockey Treadmill Training**

As you know, year long ice time is hard to find and rental costs can be as high as \$500 per hour. Hockey Treadmill sessions offer the perfect year-round alternative to increase your speed, endurance, maximize your stride potential and cut your training costs by more than half.



Players, using their own skates, practice techniques on a motorized treadmill with synthetic ice slats to improve stride extension, recovery, posture, speed and endurance.

MEET THE COACH: Sean Nicholson grew up playing hockey in the Chicago area for Team Illinois, Chicago Missions, and also went on to play in the NAHL and UHL.

Hockey Treadmill Training Packages

Registration NOW OPEN!
Call 630-686-2270

1 Session	\$50
4 Sessions	\$180
8 Sessions	\$320
16 Sessions	\$560
24 Sessions	\$720

Nicholson owes part of his success to training on the hockey treadmill, which made his speed a dangerous part of his game. "Slide boards and hockey treadmills are the best off ice skating-related training tools that can mimic the stride to help a player achieve his or her own maximum potential," Nicholson says.



Private Sessions \$80/hr

Fox Valley Fitness

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