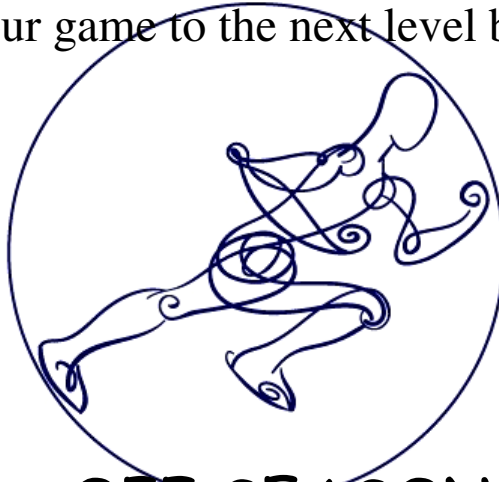


# COMPLETE WELLNESS

Take your game to the next level by improving:

Speed  
Agility  
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Horizontal Power  
Balance  
Aerobic Capacity

## OFF SEASON ELITE TRAINING FOR YOUR SPORT SPECIFIC NEEDS

For more Info Contact:

Sean Pellow  
519-854-5602

website – [www.completewellness.ca](http://www.completewellness.ca)

COST: \$400

DAY'S: Schedule your training around your schedule  
Dates: Mid June – Mid August, 2010



### COMPLETE WELLNESS

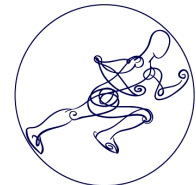
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Or

Sean Pellow at [sean@completewellness.ca](mailto:sean@completewellness.ca)