

COMPLETE WELLNESS

Take your game to the next level by improving:

Speed
Agility
Vertical Power




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



COST: \$400 (based on 20 sessions for the summer)
DAY'S: Schedule your training around your schedule
Dates: Mid June – Mid August, 2010



COMPLETE WELLNESS

2010 OFFSEASON TRAINING

Get your team mates
together and set your own training schedule

SAVE \$20.00

**For Every 5 Forest City Volleyball Club Athletes
To Register in your group**

Include this Certificate and the registration form
and payment for all registrants

“Perfection, while unattainable; anything less is unacceptable”

Go to www.completewellness.ca to registration online

Or

Sean Pellow at sean@completewellness.ca