



## Welcome to the New Edge in XL

Take a ride on the “Blade”. This hockey specific skating treadmill is designed to increase speed, correct skating mechanics, improve movement, stride length, and stride frequency. Train specifically on the blade, or choose to combine hockey specific skating skill development, as well as strength and power that will transfer directly onto the ice. Call ahead **920-339-0743** to schedule your training session, or to consult with an XL and Fitness team member.

<b>60 Minute- Blade Training</b>	1 session	8 sessions	16 sessions
Small group (3-5)	\$40.00	\$280.00	\$480.00

<b>60 Minute- Dry Land/ Blade Combo</b>	1 session	8 sessions	16 sessions
Individual	\$60.00	\$400.00	\$720.00
Small group (3-5 Athletes)	\$40.00	\$280.00	\$480.00
Team (6-10 Athletes)	N/A	\$90.00	\$170.00
Team (11-15 Athletes)	N/A	\$85.00	\$150.00

<b>60 Minute- Dry Land Performance</b>	1 session	8 sessions	16 sessions
Individual	\$60.00	\$400.00	\$720.00
Small group (3-5 Athletes)	\$40.00	\$280.00	\$480.00
Team (6-10 Athletes)	\$20.00	\$90.00	\$170.00
Team (11-15 Athletes)	\$10.00	\$85.00	\$150.00

At the Cornerstone or in the XL Center, train with XL’s Strength and Conditioning Specialists one-on-one, in small groups, or as a team. The disciplines of XL combine science and proven training methods to maximize your potential and performance on the ice. XL apparel included.

You’ve completed a training program and are now looking to maintain or increase your conditioning, call ahead to see if there is any open Blade time. Warm-up in the fitness center and then go for a skate on the Blade.

\*Must participate in one 30 minute individual BLADE session to be eligible, pending instructor approval. Time includes set up and take down time.

<b>30 Minute- Drop In Blade Time</b>	1 session	8 sessions	16 sessions
Individual	\$10.00	\$75.00	\$135.00
Small group (3-5 Athletes)	\$5.00	\$35.00	\$65.00

**Hockey requires extreme conditioning, explosive leg power, strength and acceleration.**

**XL Athletic Performance Training will help you achieve it.**

**Call 920-339-0743 for further information or to schedule an appointment.**



**belinhealth**