



Mayo Clinic  
Sports Medicine

# Post-Season Hockey Training

**13 Week Training Schedule**  
(March 7 - June 3, 2016)

**Includes:**

EXOS Performance Training  
Synthetic Ice  
Blade Treadmill



EXOS.

## Training Packages

- **Option 1: Hockey + EXOS Performance**  
24 sessions - \$680  
\*1 session = 1 hour of skill or blade + 1 hour of EXOS performance training
- **Option 2: Hockey Only**  
24 sessions - \$400  
\*1 session = 1 hour of skill or blade
- **Option 3: EXOS Performance Only**  
10 sessions - \$200  
Youth Unlimited - \$275/month  
High School Unlimited - \$350/month

\*Hockey + EXOS Training: Starts at 12 years of age+ and currently playing hockey  
\*Hockey Only: Starts at 9 years of age+ and currently playing hockey  
\*Group and team training also available

## Single Session

Synthetic ice or blade treadmill  
\$30/session

To ensure your spot, sign up by  
**Friday, February 19**

Max 6 in ice space  
Max 12 in performance space

Post-Season	Monday	Tuesday	Wednesday	Thursday	Friday
<b>3:00 PM</b>	Youth-Blade	Youth-Skill	Youth-Blade	Youth-Skill	Youth-Blade
<b>4:00 PM</b>	HS-Blade Youth-EXOS	HS-Skill Youth-EXOS	HS-Blade Youth-EXOS	HS-Skill Youth-EXOS	HS-Blade Youth-EXOS
<b>5:00 PM</b>	HS-EXOS	HS-EXOS	HS-EXOS	HS-EXOS	

\*Pre-scheduling each session is highly recommended to ensure desired training times!

## To Sign Up, Please Contact:

Mayo Clinic Sports Medicine Center  
507.266.9100  
www.sportsmedicine.mayoclinic.org

## Location:

Dan Abraham Healthy Living Center  
Sports Medicine Center, 3rd Floor  
565 1st St SW, Rochester, MN