



2010 SUMMER TRAINING SPECIAL

UNLIMITED SUMMER TRAINING!

MAKE YOUR FINAL PRESEASON PUSH WITH CATZ SPORT SPECIFIC PERFORMANCE TRAINING!



Benefits of CATZ Performance Training

- Improve overall quickness & power to gain an on-field advantage
- Maximize conditioning & stamina to outlast your opponent
- Improve first-step explosion and enhanced multi-directional speed & acceleration
- Develop the useful mass & total body strength required for your specific sport
- Develop better balance & improve your core stability
- Decrease your likelihood of ACL and other major injuries

SOCCER · TENNIS · VOLLEYBALL · FIELD HOCKEY · FOOTBALL

Get the best bang for your buck this Summer!

Unlimited sessions for only \$559!

Train ANYTIME from July 19, 2010 until August 31, 2010

Train up to 40 times for LESS than the price of a 24-Pack!

ALSO AVAILABLE:
**CATZ PHYSICAL
THERAPY & SPORTS
MEDICINE**

+

NUTRITION COUNSELING

CATZ OF LONG ISLAND

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