

TORQUE ATHLETICS

253 NORSEMAN ST. SPORT SPECIFIC TRAINING STRENGTH & CONDITIONING FITNESS

TORQUE ATHLETICS

(All prices are plus tax)

TORQUE ATHLETICS = High Performance Athlete Training. It is structured group training in a high-energy environment.

We have worked with athletes from multiple sports – hockey, football, wrestling, baseball, soccer, swimming, rowing, and many more. Both female and male athletes.

Our training is intense, structured, specific, and proven.

PROGRAM HIGHLIGHTS

- **Team strength & conditioning sessions** - *Recommended 1-2 per week*
- 8 - 15 week training programs
- Duration – 60 minutes
- Indoor field turf
- Performance nutrition guidelines
- Use of barbells, free weights, kettlebells, conditioning sleds, medicine balls, and more.
- **High Energy Team Building** - *Positive and motivating environment for all team members*

PROGRAM PACKAGES

- A) Large groups (6-20 athletes)**
- 60 minute group session
 - lead by 1-2 trainers
 - *\$10 per athlete per session*
- B) Small groups (2-5 athletes)**
- 60 minute group session
 - lead by 1 trainer
 - *\$20 per athlete per session*



**** Athletes will not be permitted to use gym facilities outside of training sessions, unless TORQUE BARBELL gym membership is purchased additionally at the reduced rate of \$30+tax per month.**

All sessions are held at TORQUE BARBELL CLUB.

For more information on trainers, the gym and our athletes' results, please visit www.torquebarbell.com.

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