

# **BizzFitness**

**2024 Spring and Summer**

**U18 and Junior**

**Off-Ice Training Program**



**Endurance**

**Explosiveness**

**Mobility**

**Quickness**

**Agility**

**Mental Toughness**

**Balance**

**Flexibility**

**Increased Confidence**



## 2024 Spring-Summer Off-Ice Training

### Our Program offers:

- Group conditioning workouts.
- Outdoor Iron Man workouts.
- Comprehensive programs; comprised of 5 sessions/week.
- Programs are designed to ensure progression with upgrades at each phase.
- Strength and conditioning coach present at every session.
- State of the art facility!

Dates: April 15<sup>th</sup> to August 16<sup>th</sup>, 2024 (18 weeks)

Bloc #1 - April 15<sup>th</sup> to May 10<sup>th</sup> (4 weeks)

Bloc #2 - May 13<sup>th</sup> to June 7<sup>th</sup> (4 weeks)

Bloc #3 - June 10<sup>th</sup> to July 5<sup>th</sup> (4 weeks)

Bloc #4 - July 8<sup>th</sup> to August 16<sup>th</sup> (6 weeks)

**\*BizzFitness will be closed Monday May 20<sup>th</sup>, July 1<sup>st</sup>, and Aug. 5<sup>th</sup>, 2024**

### Two-sport athletes or players with full time work

For players with time constraints due to work or other sport commitments, we have the ability to work around your schedule. Please reach out to discuss a personalized plan according to your schedule.

Contact: [Bizzfitness.ca@gmail.com](mailto:Bizzfitness.ca@gmail.com) or 506-260-9898



## 2024 Spring-Summer Off-Ice

### Training Program Outline

#### Conditioning Sessions

To ensure that our athletes hit their peak fitness level by the end of our program, our group conditioning sessions are designed to push our athletes to the next level. Our goal is to challenge their heart, intrinsic desire and increase their compete level. To help each athlete achieve their best possible shape, we will offer our specially designed BizzFitness sessions comprised of plyometrics, speed and agility training, Iron Man workouts and our conditioning circuit. Outdoor conditioning workouts / prowler / hill sprints will be incorporated into their training regimen once the weather allows us to be outside.

#### Boxing/Kickboxing

Bizzfitness prides itself on the development of athletes versus one-sport players. Our participants will also cross-train working on their hand-eye coordination, footwork as well as their conditioning through our boxing/kickboxing sessions. The focus is on technique and conditioning and there will be no fighting involved.

#### Strength Coach

Each participant will have access to a strength coach, on site, as a resource and to oversee their workout.

#### Program Upgrade

After every block of 4 weeks, participants will be upgraded to a new program. This is essential to ensure that they continue to improve their level of fitness and don't plateau.



## 2024 Spring-Summer Off-Ice Training Gym Schedule – Block #1

- Junior 2004-2007
- U18 2007-2008-2009

### Block #1 April 15<sup>th</sup> to May 10<sup>th</sup>, (4 weeks)

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
4:30 p.m. to 5:30 p.m. Junior	4:30 p.m. to 5:30 p.m. Junior	4:30 p.m. to 5:30 p.m. Junior	4:30 p.m. to 5:30 p.m. Junior		10:45 a.m. to 11:45 a.m. Junior
7:00 p.m. to 8:00 p.m. U18	7:00 p.m. to 8:00 p.m. U18	5:40 p.m. to 6:40 p.m. U18		4:30 p.m. To 5:30 p.m. U18	

- Morning or afternoon times are available for participants who are in school or are working.



## **2024 Spring-Summer Off-Ice Training Gym Schedule – Block #2**

- Junior 2004-2007
- U18 2007-2008-2009

**Block #2 May 13<sup>th</sup> to June 7<sup>th</sup>, (4 weeks)**

- **BizzFitness will be closed May 20<sup>th</sup>**

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
4:30 p.m. to 5:30 p.m. Junior	4:30 p.m. to 5:30 p.m. Junior	4:30 p.m. to 5:30 p.m. Junior	4:30 p.m. to 5:30 p.m. Junior		10:45 a.m. to 11:45 a.m. Junior
7:00 p.m. to 8:00 p.m. U18	7:00 p.m. to 8:00 p.m. U18	5:40 p.m. to 6:40 p.m. U18	8:00 p.m. to 9:00 p.m. U18	4:30 p.m. To 5:30 p.m. U18	

- **Morning or afternoon times are available for participants who are in school or are working.**



## **2024 Spring-Summer Off-Ice Training Gym Schedule – Block #3**

- Junior 2004-2007
- U18 2007-2008-2009

### **Block #3 June 10<sup>th</sup> to July 5<sup>th</sup>, (4 weeks)**

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
4:30 p.m. to 5:30 p.m. Junior	4:30 p.m. to 5:30 p.m. Junior	4:30 p.m. to 5:30 p.m. Junior	4:30 p.m. to 5:30 p.m. Junior		10:45 a.m. to 11:45 a.m. Junior
7:00 p.m. to 8:00 p.m. U18	7:00 p.m. to 8:00 p.m. U18	5:40 p.m. to 6:40 p.m. U18	5:30 p.m. to 6:30 p.m. U18	4:30 p.m. To 5:30 p.m. U18	

- Morning or afternoon times are available for participants who are in school or are working.



## 2024 Spring-Summer Off-Ice Training

### Gym Schedule – Block #4

- Junior 2004-2007
- U18 2007-2008-2009
- The 10:45 a.m. time slot will be open only if the number of registrations are too large for one group.

### Block #4 July 8<sup>th</sup> to August 16<sup>th</sup>, (6 weeks)

- **BizzFitness will be closed July 1<sup>st</sup> and August 5<sup>th</sup>**

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
8:15 a.m. to 9:30 a.m. Junior	8:15 a.m. to 9:30 a.m. Junior	8:15 a.m. to 9:30 a.m. Junior	8:15 a.m. to 9:30 a.m. Junior	8:15 a.m. to 9:30 a.m. Junior
9:30 a.m. to 10:30 a.m. U18	9:30 a.m. to 10:30 a.m. U18	9:30 a.m. to 10:30 a.m. U18	9:30 a.m. to 10:30 a.m. U18	9:30 a.m. to 10:30 a.m. U18
10:45 a.m. to 11:45 a.m. U18	10:45 a.m. to 11:45 a.m. U18	10:45 a.m. to 11:45 a.m. U18	10:45 a.m. to 11:45 a.m. U18	10:45 a.m. to 11:45 a.m. U18
4:30 p.m. to 5:30 p.m. U18-Junior	4:30 p.m. to 5:30 p.m. U18-Junior	4:30 p.m. to 5:30 p.m. U18-Junior	4:30 p.m. to 5:30 p.m. U18-Junior	4:30 p.m. to 5:30 p.m. U18-Junior



## 2024 Spring-Summer Off-Ice Training

### Method of Payment

Payments can be made cash, through e-transfer @ [Bizzfitness.ca@gmail.com](mailto:Bizzfitness.ca@gmail.com) or by post-dated cheques. Please make sure to include all your post-dated cheques with your registration form. Payment can be made in full or following the payment plans below.

#### Method of payment (4 installments)

April 15<sup>th</sup>, \$220.00 (HST included)

May 20<sup>th</sup>, \$220.00 (HST included)

June 17<sup>th</sup>, \$220.00 (HST included)

July 22<sup>nd</sup>, \$220.00 (HST included)

#### Method of payment (3 installments)

April 15<sup>th</sup>, \$293.50 (HST included)

May 27<sup>th</sup> \$293.50 (HST included)

July 8<sup>th</sup> \$293.00 (HST included)





“Your True Success in life  
begins only when you make the  
**commitment**  
to  
**BECOME EXCELLENT**  
**AT**  
**WHAT YOU DO”**