



Sign up and reserve your spot TODAY!

RAZOR Wrestling

Speed, Strength, & Agility Spring Training 2010



Official Performance
Training Partner for
RAZOR Wrestling Club

SPRING 2010 CATZ Wrestling

PERFORMANCE PACKAGE INCLUDES:

(16) 60 Minute **Sport-Specific** Training Sessions

Razor Wrestling Special Discount

\$240

TRAINING SESSIONS DAILY!

Call your local CATZ **TODAY**
for your **FREE TRIAL!**

"I find the wrestling strength & conditioning programs that CATZ offers to be the best I have ever experienced."

**Mike Patrovich, Razor Wrestling
2x NCAA All-American**

Commack

152 Veterans Memorial Highway
Commack, NY 11725
631.486.8933
commack@catzli.com

Levittown

148 Gardiners Avenue
Levittown, NY 11756
516.513.0573
levittown@catzli.com

Using CATZ's unique method of CHAOS Training, our Training Program will help you maximize core strength, develop explosive quickness, and enhance your overall conditioning specific to the demands of Wrestling.

Please fill out the information below and mail a check for \$240 made out to "CATZ" to your local facility. You can also pay by credit card or cash : either stop by one of our facilities in-person or call Jason in Commack at 631.486.8933 or Tom in Levittown at 516.513.0573.

Name: _____

Address: _____ Age: _____

City: _____ Zip: _____

Phone: _____ Email: _____

GAIN A COMPETITIVE EDGE AND PREPARE FOR THE WRESTLING SEASON!