



Sign up & Reserve your spot TODAY.

RAZOR Wrestling

Speed, Strength, & Agility

Pre-Season Training 2009



Official Performance Training Partner for RAZOR Wrestling Club

"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**

CATZ of Commack

152 Veterans Memorial Highway Commack, NY 11725

631.486.8933

info@catzli.com www.catzli.com Fax: 631.382.8302

Fall 2009 CATZ Wrestling

PERFORMANCE PACKAGE INCLUDES:

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

Razor Wrestling Special Discount

\$ 240

TRAINING SESSION SCHEDULE:

Wednesdays 7 – 8 pm

Sundays 9 – 10 am

**CALL TODAY TO SCHEDULE
YOUR APPOINTMENT!**

Using CATZ's unique method of CHAOS Training, our Pre-Season 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 it to us along with a check for \$ 240 made out to "CATZ". You can also pay via credit card: either stop by our facility in-person or call CATZ at 631.486.8933.

Name: _____

Address: _____

Age: _____ City: _____ Zip: _____

Phone: _____ Email: _____

GAIN A COMPETITIVE EDGE AND PREPARE FOR THE WRESTLING SEASON!