



Special Discounted Group/Team
Skating Treadmill Training Program
Only \$25/player/session

Contact Name _____ # of players (5 or more) _____
Desired Day(s) (circle one): M T W Th F Sat
Desired Time(s) _____ (one hour sessions)
Team Contact Name _____
Contact E-Mail _____ Cell # _____

- 1 day/wk @ \$25/day x 4 weeks = \$100/player
- 2 days/wk @ \$25/day x 4 weeks = \$200/player

*5 player minimum to receive Team Pricing

*Payment due in full PRIOR to first training session.
Cash or checks made out to All-N-Stride are accepted.

*No make-ups/refunds for missed sessions. Players ARE allowed to have another player take their place if they can't attend.



Carrie Keil, M.S. Exercise Physiology
35 years coaching experience
1999-current USA NTDP Power Skating Coach
1986-1994 U of Michigan Power Skating Coach
2002-current Owner Keil Power Skating
2004-current Program Director Hockey University
2009-current Owner All-N-Stride



Kyle Gagneau, B.S. Kinesiology
National Academy of Sports Medicine (NASM):
-Cert. Personal Trainer
-Performance Enhancement Specialist
-Corrective Exercise Specialist
-Fitness Nutrition Specialist
10+ years on-ice and off-ice coaching

Questions???
Contact Carrie
at
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