



WEBSTER YOUTH HOCKEY ASSOCIATION OFF-ICE TEAM TRAINING













Individual and Team Training Programs 10% OFF PCX RATES FOR WEBSTER YOUTH HOCKEY

(MENTION THIS AD)

PCX Sports Performance Training:

For athletes looking to improve every phase of their game, our trainers work with each athlete. The trainers at PCX tailor the workouts to the client. We emphasize injury prevention, along with strength/speed training, which all translates to increased sports performance.

Call for scheduling

847 Holt Road
Webster NY 14580

585-545-4456

info@pcxsports.com www.pcxsports.com