

Team Training

Speed / Agility / Balance / Strength



River Oaks Community Centre
905-338-4186

What can Team Training do for your team?

Programs are designed to meet your team goals with the focus on improving overall fitness, enhancing athleticism and sport specific conditioning. Team training also improves player dynamics and camaraderie. We offer in-season and off-season training to complement your game and practice schedule.

- Packages include affordable sport specific dryland training with or without ice time.
- Whole team training, small group training or one-on-one training.
- Dedicated fitness facility in River Oaks Community Centre which includes specialized equipment, TRX suspension training and a cycling studio.

Flex it! Team training is affordable.

You can offer your team exercise programs on a one-time basis or as part of a package.

Our team for your team!

One of our passionate and experienced certified personal trainers will meet with you to determine the needs and goals of your team. A personalized team training plan will be developed based on your competitive season and your team members.

What is Team Training?

The goal of our sport-specific training program is to develop your athletes to their highest potential.

Our Team Training program will give your team the competitive edge over the other team with our personal trainers working with you to focus on:

- Multi-directional movement skills
- Speed
- Agility
- Balance
- Quickness
- Whole body strength and power

Your players will achieve personal and team success in a supportive environment.



"Thank you for the terrific job 'Team Training' did with the players on my soccer team over the years. Without a doubt one of the reasons they improved each year was due to their improved conditioning and core strength. You treated the girls with respect, encouraged them to push themselves and understood the limitations and abilities of each participant. From that experience they believed in themselves."

Paul, Coach, Oakville Rockets soccer team