

## June 2011

Our off-season training program is off to a great start! BodySmith members are training hard, preparing for another successful season in the fall.



Welcome back to everyone who has been away for the year. We would also like to welcome our new members Adam Heaven, Lee Lapid, Troy McCusker, Jacob DeMaeyer, Dave Lansdowne, Mike Lansdowne, Mack Lemmon, Dylan Kosmachuk, Kimberly Keller, Jordan Adessi, Francis Robichaud, Daniel Milne, Paul Geiger, and Ryan Kruss.

### **Dryland Training**

For those who can make it there will be dryland training Tuesdays and Thursdays from 10 am to 11:30 am at St. Augustine Catholic School (just north of 16th Avenue on Woodbine). If weather conditions are not suitable an email will be sent out to confirm that training will take place inside the gym. Those who are still in school will complete their dryland training in the gym during their normal workout session.

Coming Soon...

**Sports Performance Pheromones**

*Win your game...it's just a roll away*

### **BSI Golf Tournament**

Where: Station Creek Golf Club  
Date: Friday June 10, 2011  
Time: 4:00 pm  
Cost: \$60/person

Also, Boston Pizza in Stouffville is providing a **buffet dinner** following the tournament.

The cost of the dinner is \$10 per person.

#### **Prizes will be awarded for:**

- the longest drive (male and female)
- best foursome
- closest to the pin (male and female)
- best outfit

Registration deadline is Monday June 6th so register now!

**\*\*Please sign up with reception. Email [info@bodysmithinternational.com](mailto:info@bodysmithinternational.com) or call 905-888-5000.**

### **Rivalus supplement products have arrived!**

The supplements are available to compliment your workouts and improve your results. Speak with Randy to see which products will benefit you.

#### **On-Ice Conditioning and Situational Play**

*with Paul McFarland*

Sessions are held at the Stouffville Clippers Sports Complex on Thursdays from 3pm-4pm. You must sign up and purchase sessions with reception before attending.