



## **Advanced Strength Concepts Inc.**

505 2nd Ave,  
Prince George, BC  
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250-649-5522

Greetings,

**Xconditioning is Northern BC's premier strength training facility, and is the #1 choice for athletes in all sports. Located at 505 2nd avenue in Prince George, BC, we offer athletes of all ages and sports the means to maximize their athletic potential.**

**Xconditioning is a sport specific training facility that works with in- and off-season athletes and teams to develop strength, speed, balance, and overall athleticism through good work habits and work ethic. We develop and instruct specific conditioning programs for the athletes that develop and fine-tune the athlete's athletic ability. This improved strength, physical condition, and improved athleticism supplements the athlete's overall skill on the ice.**

**This fall we are excited to be offering an Athletic Advancement Training Program. The program will start on November 13, and will continue through the winter months. This class will focus on athletic development through increasing motor skills, balance, coordination, strength, speed, and explosiveness. We have sign ups starting with some spots still available. Our main focus for this class is ages up to and including 13 years old.**

**Visit [www.xconditioning.com](http://www.xconditioning.com) for more details and to get signed up today.**

Sincerely,

**The Xconditioning Team**