



East Coast Conditioning
Sports Performance Training

East Coast Conditioning Summer Training Specials!



D3 Package*

\$25 off 12 sessions

D2 Package*

\$50 off 24 sessions

D1 Package*

\$100 off 36 sessions

Or

Unlimited Sports Performance Training / Programming*

from May through August 31 2010 – \$699!!

** Unlimited Training Special only applicable to High School and College Athletes. Summer Specials not to be combined with any other promotions. All summer promotions expire July 24th 2010 and only applicable for ECC Clark location.*

Standard Rate

12 Sessions: \$405

24 Sessions: \$750

36 Sessions: \$995

Hours of training, May-August:

Monday – Thursday: 10:00am – 8:00pm

Friday 10:00am – 6:00pm

Saturday 10:00am – 2:00pm; Sunday Closed

Call for holiday weekend hours



"Heading into my freshman year of Basketball at Gettysburg College, I trained on my own and had some success – the summer heading into Sophomore year I trained at ECC with coach Wise and went back dunking and starting."
– Brendan Trelease, Guard, Gettysburg College Basketball / Union NJ

Purchase an ECC Protein Shaker Cup for \$30
And we will fill it up with a protein shake after each workout for **FREE!!**

About Kelly Wise, CSCS, Certified Strength & Conditioning Specialist
Kelly has conducted, developed, and trained strength and conditioning programs for:



PRINCETON UNIVERSITY



VILLANOVA



UNIVERSITY OF DELAWARE

Coach Wise holds both an undergraduate and Master's Degree in the Exercise Sciences as well as NSCA-CSCS and USAW certifications.

where athletes train

East Coast Conditioning SportsPlex 216 Tingley Lane, Edison, NJ 08820 • (908) 756-6868 • www.eastcoastconditioning.com
East Coast Conditioning Athletic Training Center 1085 Raritan Rd, Clark NJ 07066 • (732) 381-9376 • www.eastcoastconditioning.com