

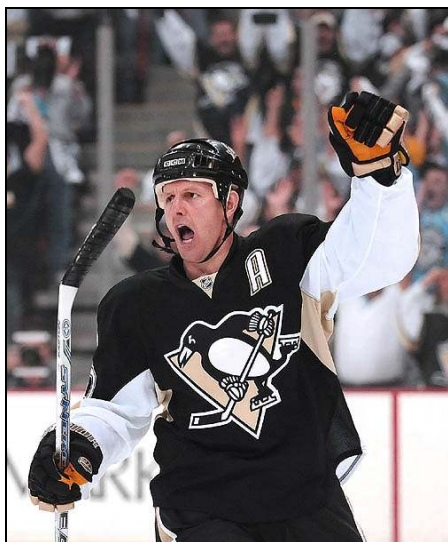
## INFORMATION SESSION

# Professional Training & Nutritional Secrets

---

Hosted by **Gary Roberts** and **Steve Roest**, learn about the training and nutritional philosophies that have made Gary and other athletes successful in their professional careers. Topics include off-season/in-season conditioning, sport specific training, nutritional supplements and meal planning.

Coaches, athletes, parents and executives who may be interested in any of our programs are all welcome!



Since his retirement after 21 NHL seasons and a Stanley Cup win in 1989, Gary Roberts has become a recognized force in high performance training for athletes, including many junior and NHL players. Fitness Institute has now partnered with Gary in opening the **Gary Roberts High Performance Training Centre**.

Learn more about the new **Gary Roberts High Performance Centre** at [www.fitnessinstitute.com](http://www.fitnessinstitute.com) including Off-Season and In-Season Programs, Team Training and our Executive Training Program.

**Location:** Fitness Institute Restaurant

**Date:** Monday August 22<sup>nd</sup>

**Time:** 6:00 pm – 7:00 pm

**RSVP at front desk or at [info@garyrobertshpt.com](mailto:info@garyrobertshpt.com)**



**“Changing Athlete’s and Executives Lives for the Better”**

---