

# 2017 Spring Training



## FORTIFY WRESTLING CLUB

### Fortify Wrestling Club

- \*Monday-Thursday 7:30-9:00 HS workouts
- \*Saturday workouts are 10AM-Noon
- \*Coach Inglin runs workouts
- \*Location is on Rt202/31 in Flemington
- \*1, 3, 6, and 12 month memberships are available
- \*\$20 per workout with no membership
- \*See *FortifyWrestling.com* for more information

### Proactivity

This is an excellent option for a serious exercise/lifting program. We have several teammates who have gone here and many of our recent past greats have spent a lot of time at Pro-Activity. **Del Val has been offered a team discount again of \$100 a month (including grade school aged youth wrestlers).** **If you are interested in joining,**

**click on the link in my email to get yourself started with the signup**

**process.** Eric Eisenhart and his brothers run the company, is a former wrestler at North Hunterdon, and great ambassador for the sport.

If you have any questions about their training, email me or ask one of your many teammates that were there this past fall.

\*Training for the spring is Tues/Thurs (4:30-5:30) & is starting March 14th.

