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The Hershey Cubs Hockey Club announces Power Train as the “Official Training Club”

The Hershey Cubs Hockey Club partners with Power Train Sports

(Hershey, PA - June 1, 2021) - The Hershey Cubs Hockey Club is proud to announce Power Train Sports & Fitness as the OFFICIAL TRAINING CLUB of the team.

Power Train is a leader in sports performance and fitness training, and has built a solid reputation for enhancing the strength and performance of athletes at the high school and college levels, along with those competing in the NHL and other professional leagues.

Power Train coaches are athletes themselves, so they understand that pushing yourself to the limits is what builds speed, increases endurance and improves strength. That's why they're dedicated to cross training athletes using scientific methodologies in a competitive, fun and motivational environment. They'll inspire our players to push themselves to reach their goals through personalized workouts designed for them.

The Hershey Cubs Hockey Club could not ask for a better teammate off the ice than Power Train. Cubs Hockey players will have personal training sessions every week, running programs for endurance, speed, and recovery to aid in healing and high performance on the ice for game days.

Owners Bruce and Crystal Boudreau had this to say, “Power Train is where we personally train every day we are in town. The level of professionalism, dedication and knowledge the trainers bring to each and every workout is amazing. Add to that the encouragement, music and fun each trainer personally adds and workouts get done. They are not easy, however we always feel better, motivated, confident, (albeit exhausted) when we finish. It is great to add this to the Hershey Cubs Hockey player every day program. They will progress throughout the season and the end results will be fabulous.”

“Power Train isn't just strength training. It's inner strength training. We are all about changing lives.”

Any questions can directed to Crystal Boudreau at crystal@hersheycubs.com



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