

TO TRY A CLASS FOR FREE OR TO RESERVE YOUR CLASS TIME CALL 516.794.FAST (3278)

## FALL / WINTER TRAINING SCHEDULE 2010

EFFECTIVE SEPTEMBER 7, 2010



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY
4:30-6:00		PRO CLASS		PRO CLASS		11:00-12:30am	MIXED CLASS (BEG- PRO / PRO)
5:00-6:00	ATHLETIC DEVELOPMENT (AGES 7-10)		ATHLETIC DEVELOPMENT (AGES 7-10)				
5:30-6:30	BRIDGE PROGRAM		BRIDGE PROGRAM			1:00-5:00pm	BIRTHDAY PARTIES
5:30-7:00	BEG -PRO (AGES 11-13)		BEG -PRO (AGES 11-13)			* Minimum 5 athletes registered for Saturday classes to be held	
6:00 - 7:30					PRO CLASS		
6:30-7:30	PRO CLASS		PRO CLASS				
6:30-7:30	QUIC -FIT		QUIC -FIT		QUIC -FIT	TIME	SUNDAY
7:30-9:00	PRO CLASS		PRO CLASS			11:00am-4:00pm	BIRTHDAY PARTIES

\*ATHLETIC DEVELOPMENT (FORMERLY YOUTH CLASS) - AGES 7-10. Development program. 60 minutes

\*BEG-PRO CLASS - AGES 11-13 with none to limited weightlifting experience

\*PRO CLASS - AGES 14-18. Full Package program. 90 minutes

QUIC FIT (QUICK UNIQUE INTENSE CONDITIONING) -Ages 18+. 1 hour circuit training. Targets strength,endurance,coordination, core and power. You don't have to be an athlete or have weight lifting experience to do this class.

\*BASED ON AGE AND DISCRETION OF PERFORMANCE COACH