

FALL/WINTER TRAINING SCHEDULE 2009/2010



| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | TIME | SATURDAY |
|-----------|-----------------|-----------|-----------------|-----------------|-----------|----------------|---|
| 4:30-6:00 | | PRO CLASS | | PRO CLASS | | 9:30-11:00am | PRO Class |
| 5:00-6:00 | SuperGirl Class | | SuperGirl Class | | | | BEG PRO Class |
| 5:00-6:00 | YOUTH (7-11 YO) | | YOUTH (7-11 YO) | | | 12:00-5:00pm | BIRTHDAY PARTIES |
| 6:00-7:00 | YOUTH (7-11 YO) | | YOUTH (7-11 YO) | SuperGirl Class | | | * Minimum 6 athletes registered for Saturday classes to be held |
| 6:00-7:30 | PRO CLASS | | PRO CLASS | | PRO CLASS | | |
| 6:30-8:00 | PRO CLASS | | PRO CLASS | | PRO CLASS | TIME | SUNDAY |
| 7:00-8:00 | QUIC -FIT | | QUIC -FIT | | QUIC -FIT | 11:00am-4:00pm | BIRTHDAY PARTIES |
| 7:30-9:00 | PRO CLASS | | PRO CLASS | | PRO CLASS | | |

ADULT- Class opened to adults of all ages and skill level

***PRO ELITE CLASS** - HS Seniors and college athletes with experience

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

***YOUTH** - AGES 7-10. Development program. 60 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. * *EVENING CLASSES WILL BE STARTING IN THE FALL '08.*

***BASED ON AGE AND DISCRETION OF PERFORMANCE COACH**

TO TRY A FREE CLASS OR RESERVE YOUR TIME SLOT CALL 516.794.FAST