



@strengthcoach64



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WINTER TRAINING SCHEDULE 2011

EFFECTIVE January 1, 2012

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11:00-12:30PM						MIXED CLASS (AGES 11-17)
6:30-7:30	BRIDGE PROGRAM		BRIDGE PROGRAM			* Minimum 5 athletes registered for Saturday classes to be held
5:30-7:00	BEG -PRO (AGES 11-13)		BEG -PRO (AGES 11-13)			
6:00-7:30					PRO CLASS	
6:30-8:00		MIXED CLASS (AGES 11-17)		MIXED CLASS (AGES 11-17)		
6:30-8:00	PRO CLASS		PRO CLASS			
6:30-7:30	QUIC -FIT		QUIC -FIT		QUIC -FIT	
7:30-9:00	PRO CLASS		PRO CLASS			

*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.

BRIDGE PROGRAM- Medically supervised program, focusing on returning the injured athlete back to his or her sport. Focus is on proper running mechanics and change of direction drills. Class is 60 minutes and is limited to 6 athletes.

1, 2, 3, 6 AND 12 MONTH MEMBERSHIPS NOW AVAILABLE

CALL 516-794-FAST (3278) FOR FREE TRIAL CLASS OR MORE INFORMATION