

J.GIO SUMMER STRENGTH SERIES

NEON ENERGY SPORTS
32 SPRUCE STREET - OAKLAND, N.J

GIRLS STRENGTH & CONDITIONING

Tuesdays and Wednesdays all Summer!
(All-ages and level)

4 WEEKS

JUNE 30 - JULY 22

TUESDAYS

2ND-5TH

5:00-6:00PM

6TH-10TH

6:00 - 7:00PM

WEDNESDAYS

2ND-5TH

4:00-5:00PM

6TH-10TH

5:00 - 6:00PM



4 WEEKS

JULY 28 - AUG 19

TUESDAYS

2ND-5TH

5:00-6:00PM

6TH-10TH

6:00 - 7:00PM

WEDNESDAYS

2ND-5TH

4:00-5:00PM

6TH-10TH

5:00 - 6:00PM



GIO

GIRLS

STRENGTH

TRAINING FOR ALL
FOR ALL FEMALE ATHLETES

**NOT JUST SOCCER
PLAYERS.**