

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 OR WEDNESDAYS

ELEMENTARY SCHOOL

4:00-5:00PM

MIDDLE SCHOOL

5:00 - 6:00PM

HIGH SCHOOL

6:00 - 7:00PM



4 WEEKS

JULY 28 - AUG 19

TUESDAYS OR WEDNESDAYS

ELEMENTARY SCHOOL

4:00-5:00PM

MIDDLE SCHOOL

5:00-6:00PM

HIGH SCHOOL

6:00 - 7:00PM



GIRLS

STRENGTH

FEMALE ATHLETES!

not just soccer players.