



**NEON ENERGY SPORTS**

32 SPRUCE STREET OAKLAND

# J.GIO

STRENGTH AND CONDITIONING

**GIRLS AGES 7-15  
YEARS OLD !**

Become stronger, faster  
and a more powerful  
version of yourself.

**FALL SESSIONS RUN  
Every Tuesday and Thursday  
Sept - Oct !**



 201-906-6248

 [JgioTraining.com](https://JgioTraining.com)