

All sessions are at Neon Energy Sports  
32 Spruce Street Oakland NJ



FOR ALL  
FEMALE  
ATHLETES!  
not just soccer  
players.

**WINTER 2**

**Jan 12 - Feb 19**  
**(6 weeks)**

**J.GIO**  
STRENGTH & CONDITIONING

**MONDAY:**

**Elementary School** - 4:15- 5:15pm

**Middle School** - 5:15-6:15pm

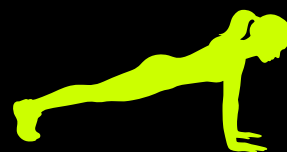
**Highschool** - 6:15-7:15pm

**Trainer**  
**Amy**

**TUESDAY:**

**Elementary School** - 5:00 - 6:00pm

**Middle School** - 6:00-7:00pm **Trainer**  
**Natalie**



**GIRLS STRENGTH TRAINING**

**[Www.JgioTraining.com](http://www.JgioTraining.com)**