

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- 4:15- 5:15pm

Middle School - 5:15 - 6:15pm

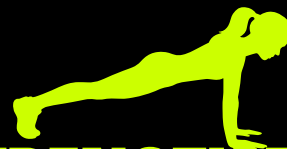
**Trainer
Nicole**

THURSDAY

Elementary School- 5:00- 6:00pm

Middle School - 6:00-7:00pm

**Trainer
Elizabeth**



GIRLS STRENGTH TRAINING
Www.JgioTraining.com