

J.GIO

STRENGTH & CONDITIONING

GIRLS STRENGTH & CONDITIONING

FALL SESSION

GIRLS ONLY • 6 WEEKS

STARTS **SEPTEMBER 14**

MONDAYS & TUESDAYS



4:15 - 5:15PM

ELEMENTARY SCHOOL

GRADES 2ND-5TH



5:15 - 6:15PM

MIDDLE SCHOOL

(GRADES 6-8)

THE J.GIO WAY

FUN. . CHALLENGING. . POSITIVE. . PROFESSIONAL.

HELPING FEMALE ATHLETES BECOME **STRONGER**,
MORE **CONFIDENT**, AND MORE **RESILIENT**—BOTH
ON AND OFF THE FIELD.



STRENGTH & CONDITIONING



INJURY PREVENTION



SPEED • BALANCE



CONFIDENCE BUILDING



STRUCTURED & PROGRESSIVE TRAINING



DESIGNED FOR FEMALE
ATHLETES IN **ALL** SPORTS

32 Spruce Street
OAKLAND

