

J.GIO

STRENGTH & CONDITIONING

GIRLS STRENGTH TRAINING

NOVEMBER SESSION

NOVEMBER 9 – DECEMBER 17
6 WEEKS

MONDAYS

4:15 – 5:15 PM

ELEMENTARY SCHOOL

GRADES 2" – 5TH

5:15 – 6:15 PM

MIDDLE SCHOOL

GRADES 6" – 8TH

WEDNESDAYS

4:15 – 5:15 PM

ELEMENTARY SCHOOL

GRADES 2" – 5TH

5:15 – 6:15 PM

MIDDLE SCHOOL

GRADES 6" – 8TH

**STRENGTH
& POWER**

**INJURY
PREVENTION**

**SPEED &
AGILITY**

**BALANCE &
COORDINATION**

**CONFIDENCE
BUILDING**

**STRUCTURED &
PROGRESSIVE
TRAINING**

IF YOU MISS A SESSION, YOU CAN MAKE IT UP IN ANOTHER SESSION!

THE J.GIO WAY

CHALLENGING • POSITIVE • PROFESSIONAL • EXCITING



\$25 OFF

**CAN DO BACK-TO-BACK
WITH SKILL TRAINING
IF YOU ARE A SOCCER PLAYER!**