

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



J.GIO
STRENGTH & CONDITIONING

SPRING 1
March 9 - April 10

MONDAY:

Trainer
Amy

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

Middle School - 5:15-6:15pm

WEDNESDAY:

Trainer
Natalie

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

6th- 10th Grade - 5:15pm - 6:15pm

FOR ALL
FEMALE
ATHLETES!
not just soccer
players.



GIRLS STRENGTH TRAINING
www.JgioTraining.com