

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](http://www.JgioTraining.com)