

J.GIO

STRENGTH & CONDITIONING



📍 ALL SESSIONS HELD AT

NEON ENERGY SPORTS

32 Spruce Street • Oakland, NJ

SPRING SESSION 1

MARCH 9 – APRIL 10

SPRING SESSION 2

APRIL 20 – MAY 21

MONDAYS

TRAINER: **AMY**



ELEMENTARY SCHOOL

4:15PM – 5:15PM

MIDDLE SCHOOL

5:15PM – 6:15PM

WEDNESDAYS

TRAINER: **NATALIE**



ELEMENTARY SCHOOL

4:15PM – 5:15PM

6TH – 10TH GRADE

5:15PM – 6:15PM

GIRLS STRENGTH TRAINING

FOR ALL FEMALE ATHLETES

— **NOT JUST SOCCER PLAYERS** —



www.JgioTraining.com