

# J.GIO

## SUMMER

# STRENGTH

# SERIES

GIRLS STRENGTH & CONDITIONING

 **NEON ENERGY SPORTS**  
32 SPRUCE STREET • OAKLAND, NJ

**JUNE 30 – JULY 22**

**TUESDAYS & WEDNESDAYS**

**5:00 – 6:00 PM** ELEMENTARY SCHOOL

**6:00 – 7:00 PM** MIDDLE SCHOOL

**JULY 28 – AUG 19**

**WEDNESDAY NIGHTS**  
**ELEMENTARY SCHOOL**

**5:00 – 6:00 PM**

**MIDDLE SCHOOL**

**6:00 – 7:00 PM**

**HIGH SCHOOL**

**7:00 – 8:00 PM**

GIRLS *STRENGTH*  
TRAINING FOR ALL  
**FEMALE ATHLETES!**  
*not just soccer players.*

