

J.GIO

Strength and Conditioning

AUGUST

GIRLS STRENGTH

JULY 28 - AUGUST 18

4 WEEKS

STRENGTH TRAINING

TUESDAYS

ELEMENTARY SCHOOL

4:00- 5:00PM

MIDDLE SCHOOL

5:00 - 6:00PM

WEDNESDAYS

ELEMENTARY SCHOOL

4:00 - 5:00 PM

MIDDLE SCHOOL

5:00 - 6:00 PM



Neon Energy Sports
32 Spruce Street Oakland

WWW.JGIOTTRAINING.COM | [@J.GIOTTRAINING](https://www.instagram.com/J.GIOTTRAINING)

