



# J.GIO

STRENGTH & CONDITIONING



## **J.GIO STRENGTH AND CONDITIONING!!**

**WEDNESDAYS \$120**

**AUG 6, 13, 20, 27**

**AGES 7-9 : 5-6PM**

**AGES 10-12: 6-7PM**

**AGES 13+ : 7-8PM**

**GIRLS – STRENGTH & CONDITIONING CLASSES ARE HERE!**

**IN OUR BRAND NEW, STATE-OF-THE-ART WEIGHT ROOM,**

**DESIGNED SPECIFICALLY FOR FEMALE ATHLETES OF ALL AGES.**

**GET STRONGER, FASTER, AND MORE CONFIDENT.**

**BUILD MUSCLE. PREVENT INJURY. LEARN HOW TO TRAIN THE**

**RIGHT WAY – AND ENJOY IT!**

