



High School TRAININGS

small group

Monthly Packages:

Fountain Fitness Center, Ramsey NJ

Nov. 3, 10, 17, 24

**Wednesdays
8:00-9:00pm**

Jan. 5, 12, 19, 26

**Wednesdays
8:00-9:00pm**

Dec. 1, 8, 15, 22, 29

**Wednesdays
8:00-9:00pm**

Feb. 2, 9, 16

**Wednesdays
8:00-9:00pm**

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