



Athlete Class Schedule

Open to In-Season & Out-of-Season Athletes
Small group setting - limited to 10 participants per class
Led by a certified personal trainer
Increasing Strength, Power, and Performance

**3x/week
\$230/Mo**

**2x/week
\$180/Mo**

Middle School Class

High School Class

MON

TUES

WED

THUR

FRI

High School
6:00AM

High School
3:00PM

Middle School
4:00PM

Middle School
4:00PM

Middle School
4:00PM

Middle School
4:00PM

High School
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High School
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Middle School
5:00PM

Middle School
5:00PM

High School
5:00PM

High School
5:00PM