



## 2022 FALL/ WINTER SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY
						8:00-9:00	
5:00 - 6:00	QUIC FIT (8 adult max)		QUIC FIT (8 adult max)		QUIC FIT (8 adult max)	9:30-10:30	BEG PRO ( 5 athlete max)
5:00 - 6:00						11:00-12:00	PRO CLASS (8 athlete max)
6:00 - 7:00	BEG PRO ( 5 athlete max)		BEG PRO ( 5 athlete max)			12:30-1:30	Intro to Weightlifting (Female only)
6:00 - 7:00							<b>SUNDAY</b>
7:00- 8:00	PRO CLASS (8 athlete max)		PRO CLASS (8 athlete max)			9:00-12:00	RECOVERY CLINIC (APPT ONLY)
7:00 - 8:00		Intro to Weightlifting (Female only)		Intro to Weightlifting (Female only)		10:30-11:30	
8:00-9:00						12:00-1:00	
						1:30-2:30	

### PRICING OPTIONS

PACKAGES	BEG PRO CLASS (ages 11-13)	PRO CLASS (ages 14+)	BRIDGE	QUIC FIT (Adult class)	PERSONAL TRAINING	RECOVERY CLINIC	TEAM TRAINING
1 MONTH	\$200	\$250	N/A	\$100	SPEAK WITH A PERFORMANCE COACH FOR PRICING	N/A	SPEAK WITH A PERFORMANCE COACH FOR PRICING.
10 PACK	\$250	\$300	\$400	N/A		N/A	
INDIVIDUAL SESSIONS	\$30	\$35	\$45	\$15		\$20	

YouTube



FOR MORE INFORMATION CALL (516) 227-2373

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