



## 2023-2024 FALL/WINTER SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
7:00-4:00	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	8:00-12:30	OPEN GYM	RECOVERY CLINIC 9-12
4:00-5:00		ACL BRIDGE			ACL BRIDGE	9:00-10:00	*WEIGHTLIFTING 101 AGES (15+)	
5:00-6:00		ACL BRIDGE			ACL BRIDGE	10:30-11:30	*SPEED AND AGILITY/ WEIGHTROOM	
6:00-7:00	SPEED AND AGILITY/ WEIGHTROOM	ACL BRIDGE	SPEED AND AGILITY/ WEIGHTROOM			11:30-12:30	*INTRO TO WEIGHTROOM AGES 9-14	
7:00-8:00		ACL BRIDGE				BY APPOINTMENT	ACL BRIDGE	
7:30-8:30		SPEED AND AGILITY/ WEIGHTROOM		SPEED AND AGILITY/ WEIGHTROOM				
* Based on Demand	INTRO TO WEIGHTROOM	Program designed to teach young athletes ages 9-14 basic weightroom lifts to promote proper technique and safety. Supervised classes will focus on bodyweight, bands, dumbbell and kettlebell strength training.						
* Based on Demand	WEIGHTLIFTING 101	SMALL GROUP TRAINING (UP TO 6 ATHLETES PER GROUP) Classes will be supervised and instructed on the 4 main lifts Squat, Bench, Press and Deadlift. Perfect class for Athletes looking to get stronger in the weightroom and on the field.						
	ACL BRIDGE	Program designed for athletes looking to return to his/her sport following an injury. Program focus on proper technique to run, change direction, jump /land and proper weightlifting technique.						

### PRICING OPTIONS

PACKAGES	SPEED/AGILITY WEIGHTROOM	WEIGHTLIFTING 101	INTRO TO WEIGHTROOM	ACL BRIDGE PROGRAM	PERSONAL TRAINING	TEAM TRAINING and SMALL GROUP TRAINING
10 PACK	\$250	\$300	\$250	CALL FOR PRICING	CALL FOR PACKAGES AND PRICING	CALL FOR PRICING
INDIVIDUAL SESSIONS	\$30	\$35	\$30	CALL FOR PRICING		

YouTube



FOR MORE INFORMATION CALL (516) 227-2373

[WWW.PAPCSTRONG.COM](http://WWW.PAPCSTRONG.COM)

