



## 2023-2024 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	1:00-2:00	9-12 YO SPEED/AGILITY/ STRENGTH	
5:00-6:00		ACL BRIDGE			ACL BRIDGE	BY APPOINTMENT	ACL BRIDGE	
6:00-7:00	SPEED AND AGILITY/ WEIGHTROOM	ACL BRIDGE	SPEED AND AGILITY/ WEIGHTROOM					
7:00-8:00		ACL BRIDGE						
7:30-8:30								
* Based on Demand	SPEED/AGILITY/ WEIGHTROOM	Program designed to teach young athletes ages 13+ basic lifts to promote proper technique and safety. Supervised classes will include Speed and agility. Weightroom focus on Squat,Bench,Deadlift and Press with different variations.						
* Based on Demand	SPEED AGILITY STRENGTH	SMALL GROUP TRAINING FOR 9-12YO. Class will focus on running technique,change of direction,body awareness. Strength training will consist of bodyweight and light dumbbells and kettle bells to teach proper technique.						
	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 13+	SPEED/AGILITY/ WEIGHTROOM 9-12	ACL BRIDGE PROGRAM	PERSONAL TRAINING	TEAM TRAINNG and SMALL GROUP TRAINING
10 PACK	\$250	\$200	CALL FOR PRICING	CALL FOR PACKAGES AND PRICING	
INDIVIDUAL SESSIONS	\$30	\$25	CALL FOR PRICING		

YouTube



FOR MORE INFORMATION CALL (516) 227-2373

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