

*FALL 2010
CONDITIONING
CLINICS*



*Space is limited!
Register Now!
Call 732-617-8117*

**Register NOW for FALL SPEED,
AGILITY AND CONDITIONING CLINICS!**

Days and Times	Tuesday	Thursday	Friday	Saturday	Sunday
	Sept. 14, 21, 28 Oct. 5, 12, 19	Sept. 16., 23, 30, Oct. 7, 14, 21	Sept. 24, Oct. 1, 8, 15, 22, 29	Sept. 25, Oct. 2, 9, 16, 23, 30	Sept. 12, 19, 26, Oct. 3, 10, 17
6 Week Sessions/ 12 Week Sessions				1:00-2:00 Rookie Program Ages 8-11 \$225	1:00-2:00 Rookie Program Ages 8-11 \$225
5:30-6:30		Rookie Program Ages 8-11 \$225		2:00-3:00 All-Star Program Ages 12-18 \$225	2:00-3:00 All-Star Program Ages 12-18 \$225
6:30-7:30	Rookie Program Ages 8-11 \$225	All-Star Program Ages 12-18 \$225	All-Star Program Ages 12-18 \$225		
7:30-8:30	All-Star Program Ages 12-18 \$225		Rookie Program Ages 8-11 \$225		

209 Commercial Court • Morganville NJ 07751 • 732.617.8117

****You can also choose to come twice a week to maximize your training and conditioning.
If you commit to the 12 sessions over the 6 week period the cost is \$425.****