

# Winter 2017 Training Schedule

Monday November 27th – Saturday March 24th



## Middle School Speed & Strength Training (10-13 years of age)

### 60 Minute Sessions

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>
4:15-5:15pm	4:15-5:15pm	4:15-5:15pm	4:15-5:15pm
	6:30-7:30pm		6:30-7:30pm

## High School Speed & Strength Training (13-18 years of age)

### 90 Minute Sessions

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
4:00-5:30pm	4:00-5:30pm	4:00-5:30pm	4:00-5:30pm	4:00-5:30pm	10:00-11:30am
6:30-8:00pm	6:30-8:00pm	6:30-8:00pm	6:30-8:00pm		

## Adult Functional Training

### 45 Minute sessions

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
6:15-7:00am		6:15-7:00am		6:15-7:00am	8:15-9:00am
7:15-8:00am		7:15-8:00am		7:15-8:00am	
9:15-10:00am		9:15-10:00am		9:15-10:00am	
6:15-7:00pm		6:15-7:00pm			

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### Close Dates

Saturday December 23-Tuesday December 26<sup>th</sup>

Saturday December 30<sup>th</sup> – Tuesday January 2<sup>nd</sup>

Monday March 26<sup>th</sup> – Saturday March 31<sup>st</sup>

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