



9045 Dutton Drive  
Twinsburg, OH 44087  
(330) 487-0810  
www.pscfit.com

## School Year Training Schedule 09-10 August 25<sup>th</sup> – June 11<sup>th</sup>, 2010

### **Complete Athlete Conditioning (12-18 years) 90 min. sessions**

<u>Mon.</u>	<u>Tues.</u>	<u>Wed.</u>	<u>Thurs.</u>	<u>Fri.</u>	<u>Sat.</u>
4-5:30pm	4-5:30pm	4-5:30pm	4-5:30pm	4-5:30pm	9:30-11am
5:30-7pm	5:30-7pm	5:30-7pm	5:30-7pm	5:30-7pm	11-12:30pm
7-8:30pm	7-8:30pm	7-8:30pm	7-8:30pm		

### **Athletic Speed & Agility (12-18 years) 60 min. sessions**

<u>Mon.</u>	<u>Tues.</u>	<u>Wed.</u>	<u>Thurs.</u>	<u>Fri.</u>	<u>Sat.</u>
4-5:00pm	4-5:00pm	4-5:00pm	4-5:00pm	4-5:00pm	9:30-10:30am
5:30-6:30pm	5:30-6:30pm	5:30-6:30pm	5:30-6:30pm	5:30-6:30pm	11-12pm
7-8:00pm	7-8:00pm	7-8:00pm	7-8:00pm		

### **FUNDamental Youth Program 60 min. sessions**

Tuesday /Thursday  
5:00-6:00pm

### **Premier Adult FIT Program 45 min. sessions**

Monday/Wednesday  
6:15-7:00pm

### **1 on 1 Private Athlete / Adult Training**

By Appointment