



ADULT PERFORMANCE GROUP TRAINING



What is it? A 45-minute high intensity group training experience that will help you gain muscle, lose fat, and increase your energy. We use kettlebells, dumbbells, wall and slam balls, sleds, ropes and more!

Who? Men and women ages 18+ who don't like to spend countless hours on traditional cardio and strength training.

What is APT-X? Still a 45-minute session but with limited members where you will work on mobility, strength, but incorporate more barbell work with olympic lifting.



APT Punch Card:

\$100 for 10 sessions

**punch cards expire 3 months after purchase

APT Membership:

Unlimited sessions for \$75/month

**Requires a 3-month minimum agreement length

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM Jeanean		5:30 AM Michelle		5:30 AM Michelle	7:30 AM Jeanean
9:00 AM Jeanean	9:00 AM Sam		9:00 AM Sam	9:00 AM APT-X Wyatt	8:30 AM Sam
5:30 PM Abby		5:30 PM Abby			

Contact info@s3performancetraining.com today to sign up!

www.s3performancetraining.com



**S3 @ Heritage Hills Athletic Club
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