

ADULT PERFORMANCE TRAINING SCHEDULE

APT is a 45-minute high intensity group training experience that will help you gain muscle, lose fat, and increase your energy. We use kettlebells, dumbbells, barbells, sleds, ropes and more!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 AM MICHELLE		5:30 AM MICHELLE		5:30 AM MICHELLE	
6:30 AM IFHB		6:30 AM IFHB		6:30 AM IFHB	
9:00 AM WYATT	9:00 AM SAM		9:00 AM SAM	9:00 AM WYATT	8:00 AM SAM
5:30 PM NICK		5:30 PM NICK	<p>APT Punch Card \$100 for 10 sessions <i>**punch cards expire 3 months after purchase</i></p> <p>APT Membership Unlimited sessions for \$75/month <i>**Requires a 3-month minimum agreement length</i></p>		

TO GET STARTED

Email Us: info@s3performancetraining.com

- or -

Call Us: Abby Cox (717) 870-3950

