



# 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 APT-X George	5:30 AM Michelle	5:30 AM APT-X George	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](mailto:info@s3performancetraining.com) today to sign up!**

[www.s3performancetraining.com](http://www.s3performancetraining.com)



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