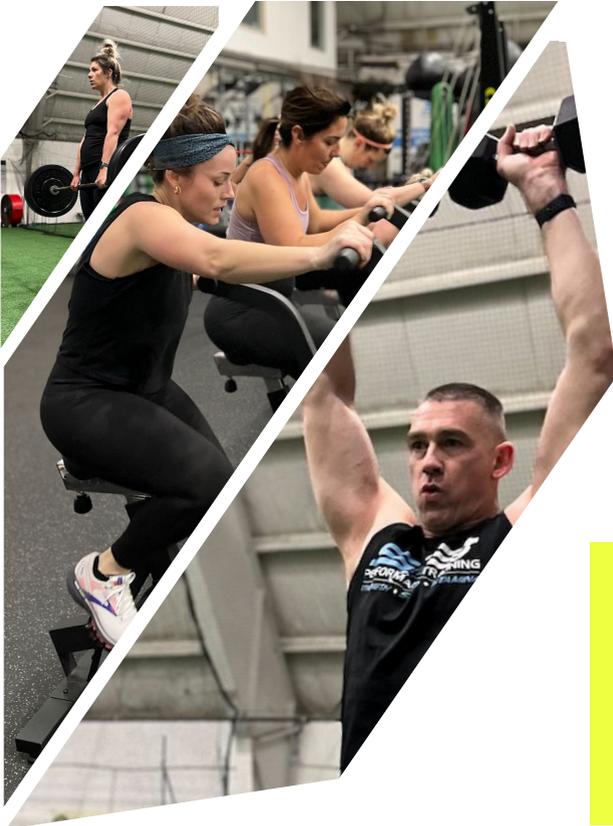


Adult Performance Group Training



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 APTX? 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 \$75/month

**Requires a 3-month minimum agreement length

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am Jeanean	5:30am APT-X Caroll	5:30am Michelle	5:30am APT-X Caroll	5:30am Michelle	7:30am Jeanean
9:15am Jeanean	9:15am Sam	5:45pm Caroll	9:15am Sam	9:15am APT-X Caroll	8:30am Sam
5:45pm Caroll					

Contact caroll@s3performancetraining.com today to sign up!

www.s3performancetraining.com



S3 @ Heritage Hills Athletic Club
2810 E. Prospect Road
York, PA 17402