

ADULT PERFORMANCE TRAINING



What is it? A 45-minute heart pounding, high intensity group training experience that will help you gain muscle, lose fat, and increase your energy

Who? Men and women ages 16+ who don't like to spend countless hours on traditional cardio and strength training

What can you expect? Results! Reach those goals you have been wanting! A 45 - minute training session of barbells, kettlebells, battle ropes, slam balls, sleds and more

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM Jeanean		6:00 AM Jeanean		5:30 AM Michelle	8:00 AM Jeanean
9:15 AM Jeanean	9:15 AM Jeanean		9:15 AM Jeanean		9:00 AM Brenna
5:30PM Brenna		5:30PM Brenna			

APT Punch Card: \$75 for 10 sessions

**Punch cards expire 60 days after purchase

APT Membership: Unlimited sessions: ~~\$75~~-\$60/month

**Requires a 3-month minimum agreement length

www.s3performancetraining.com



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

Contact Jeanean at jeanean@s3performancetraining.com today!