



2021 MODIFIED SPRING / SUMMER SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY
11:00-12:30						8:00-9:00	
3:00-4:00						9:30-10:30	
4:00-5:00							
5:00-6:00		BEG. PRO		BEG. PRO		11:00-12:00	
5:30-6:30		QUIC FIT		QUIC FIT			
6:00-7:00		BRIDGE		BRIDGE		12:30-1:30	
6:00-7:00	PRO CLASS		PRO CLASS		PRO CLASS		SUNDAY
7:00- 8:00						9:00-10:00	
7:30 - 8:30						10:30-11:30	
8:00-9:00						12:00-1:00	
						1:30-2:30	

PRICING OPTIONS

PACKAGES	BEG PRO (ages 11-13)	PRO CLASS (ages 13+)	QUIC FIT (Adult class)	BRIDGE	TEAM TRAINING
1 MONTH			CALL FOR PRICING		
10 PACK			CALL FOR PRICING		SPEAK WITH A PERFORMANCE COACH FOR PRICING.
INDIVIDUAL SESSIONS			CALL FOR PRICING		

Personal and Semi private (2 athletes) training is available. Speak with performance coach for package rates.

FOR MORE INFORMATION CALL (516) 227-2373

WWW.PAPCSTRONG.COM

YouTube



NEW GUIDELINES FOR TRAINING

- * ALL CLASSES WILL HAVE LIMITED CLIENTS
- * TEMPERATURE MUST BE TAKEN PRIOR TO TRAINING
- * ALL TRAINING AND CLASSES LIMITED TO 60 MINUTES
- * MASKS AND SOCIAL DISTANCING MUST BE MAINTAINED DURING TRAINING