



LACROSSE TRAINING CAMP

Starting Saturday, January 8th, 1:30-3:00pm

This exclusive 8 week program is open to
Pequannock HS Lacrosse Team members **ONLY**.

It is led by a Spa 23 Certified Master Trainer.
Each 90 minute training session consists of:

45 Minutes of Speed & Agility Training
&
45 minutes of Strength & Conditioning

Speed & Agility training leads to better
Performing Athletes on the field!
Strength & Conditioning decreases
An athlete's chance of injury.

This program meets once a week for 8 weeks, Jan. 8 - Feb. 26.

Register in advance for best pricing, or pay as you go with the drop in option.

Cost: Member \$99 Nonmember \$129

Drop In Fee: Member: \$15 Nonmember \$20

The New
Spa 23
Health & Racquet Club



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