



LACROSSE TRAINING CAMP

Meets twice a week, Wednesday and Saturday during the month of February

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

It is led by a Spa 23 Certified Personal 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 twice a week for 8 sessions, February 1 thru February 29th
Register in advance for best pricing, or pay as you go with the drop in option.

Wednesday 3:45-5:15pm

Saturday 2:30-4:00pm

Cost: Member \$99

Nonmember \$129

Drop In Fee: M: \$15 N \$20

Spa 23
Health & Racquet Club



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