



St. Vincent Sports Performance

October 2009 Schedule (Classes begin Monday October 26th and run through Thursday, December 18th)

Class Description (All classes are 60 min.)	Time	Days	Location
6-8 Functional Strength & Power for Sports	5pm	Monday/ Wednesday	SVSPC
6-8 Functional Strength & Power for Sports	5pm	Tuesday/ Thursday	SVSPC
6-8 Functional Speed & Agility for Sports	4pm	Tuesday/ Thursday	SVSPC
6-8 Functional Speed & Agility for Sports	6pm	Monday/ Wednesday	SVSPC
6-8 Functional Speed & Agility for Sports	6pm	Tuesday/ Thursday	SVSPC
9-12 Functional Strength & Power for Sports	5pm	Tuesday/ Thursday	SVSPC
9-12 Functional Strength & Power for Sports	6pm	Monday/ Wednesday	SVSPC
9-12 Functional Speed & Agility for Sports	4pm	Monday/ Wednesday	SVSPC
9-12 Functional Speed & Agility for Sports	4pm	Tuesday/ Thursday	SVSPC
9-12 Functional Speed & Agility for Sports	5pm	Tuesday/ Thursday	SVSPC
9-12 Functional Strength & Power for Sports	5pm	Monday/ Wednesday	SVSPC
9-12 Boot Camp **Please Call for more INFO**	4pm	Monday/ Wednesday	SVSPC
Adult Class	6pm	Tuesday/ Thursday	SVSPC

Call 415-5747 to reserve your spot!

