

SPORTS PERFORMANCE TRAINING

Fall Schedule Effective September 4

AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Fit Kids After School Program (Ages 5-9)	3:30pm - 6:30pm	3:30pm - 6:30pm	3:30pm - 6:30pm	3:30pm - 6:30pm	3:30pm - 6:30pm	N/A
Elementary (Ages 8-11)	5:15pm - 6:15pm	4:00pm - 5:00pm	5:15pm - 6:15pm	4:00pm - 5:00pm	4:00pm - 5:00pm	9:00am - 10:00am
Middle School (Ages 12-14)	4:00pm - 5:15pm	5:00pm - 6:15pm	4:00pm - 5:15pm	5:00pm - 6:15pm	5:00pm - 6:15pm	10:00am - 11:15am
High School (Ages 15-18)	5:00pm - 6:30pm	5:00pm - 6:30pm	5:00pm - 6:30pm	5:00pm - 6:30pm	5:00pm - 6:30pm	11:30am - 1:00pm
Adult (Ages 18+)	5:30am - 6:30am	9:00am - 10:00am	5:30am - 6:30am	9:00am - 10:00am	5:30am - 6:30am	9:00am - 10:00am
	6:30pm - 7:30pm	6:30pm - 7:30pm	6:30pm - 7:30pm	6:30pm - 7:30pm	6:30pm - 7:30pm	

For More Information, Please Contact:

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