



VISIONSPORTSCLUB.COM

# STRENGTH & CONDITIONING

**NEW CLASS TIME!**

**TUESDAY &  
THURSDAY 6:00AM - 7:00AM**

**MONDAY - TUESDAY - THURSDAY - FRIDAY**

**4:30PM - 5:30PM**

Structured program for all levels that focuses on the four foundational movements (squatting, benching, deadlifting, and overhead pressing). Barbell movement & metabolic conditioning

# FREE WEEK TRIAL

Offer Only Valid for Scheduled Strength & Conditioning Classes.

**CALL TO SIGN UP TODAY!**  
**845-517-1415**

 **VISION  
SPORTS CLUB**

\*All Sales Final. Some Restrictions Apply. New CrossFit Members Only.  
Trial Expires 7 days from first class. Pricing and Terms subject to change.

37 West Jefferson Avenue Pearl River NY 10965 • 845.517.1400 • [www.VisionSportsClub.com](http://www.VisionSportsClub.com)