



# VARSITY HOUSE GYM

## 2011/2012 WINTER TRAINING SCHEDULE December 12<sup>th</sup> – March 4<sup>th</sup>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9am – Adult VFIT	10am – Adult VFIT 4pm – HS S&C 5pm – Base Ball S&C 6pm – College Prep 6pm – HS S&C Boys & Girls Skill 7pm – Adult VFIT	3:30 – Girls Skill 430pm – JR S&C 530pm – JR/HS S&C 630pm – HS/College (SAQ & Mobility) 630pm – Lineman U 7pm – HS S&C	10am – Adult VFIT 4pm – HS S&C 5pm – Base Ball S&C 6pm – College Prep 6pm – HS S&C (Boys & Girls Skill) 7pm – Adult VFIT	3:30 – Girls Skill 3:30 – Adult VFIT 430pm – JR S&C 530pm – JR/HS S&C 630pm – HS/College (SAQ & Mobility) 630pm – Lineman U 7pm – HS S&C	10am – Adult VFIT 4pm – HS S&C (SAQ & Mobility) 5pm – Base Ball S&C 6pm – College Prep	9am – Adult VFIT 10am – PeeWee S&C 11am – JR S&C 11am – Female S&C 12pm – Strongman 12pm – Girls Skill

Jr. S&C – Junior Strength & Conditioning, 7<sup>th</sup> & 8<sup>th</sup> Grades  
 HS. S&C – High School Strength & Conditioning, 9<sup>th</sup> – 11<sup>th</sup> Grades  
 College Prep – High School Seniors & Current College Athletes  
 Female S&C – Female Strength & Conditioning, Ages 13 and Up.  
 Lineman U – Footwork and Skill Development Training for OL / DL / TE / FBs  
 Adult VFIT – Varsity Fit Functional Cross Training for Adults

**All sessions are approximately 1 hour long.  
 For private sessions please call to schedule.  
 Please call for holiday schedule changes.**

**We are a private gym – NO WALK-INS! Please call before you come.**

