



**Performance Improvement Training**

# Training Schedule



Training Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4:30 PM		Strength & Conditioning 1 Ages 6-10		Strength & Conditioning 1 Ages 6-10	
4:45 PM	PIT KIDS 45 Min		PIT KIDS 45 Min		PIT KIDS 45 Min
6 PM	Strength & Conditioning 2 Ages 10 +		Strength & Conditioning 2 Ages 10 +	Strength & Conditioning 2 Ages 10 +	

The PIT powered by Inspira Health Network Fitness Connection  
 1430 W Sherman Avenue Vineland, NJ 08360  
 PIT Coordinator: PJ Ragone • [pit@ihn.org](mailto:pit@ihn.org) • (856) 696-3924 ext 108