



ATHLETE / ADULT CLASS SCHEDULE

SPRING 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
5:15 AM	ENDURANCE		BOOTCAMP		BOOTCAMP	7:00 AM	BOOTCAMP	
6:15 AM	ENDURANCE		BOOTCAMP		BOOTCAMP	8:00 AM	ENDURANCE	
9:15 AM	ENDURANCE	STRENGTH	BOOTCAMP	STRENGTH	BOOTCAMP	9:00 AM	PLYOMETRICS	STRENGTH
3:30 PM	LINEAR SPEED	PLYOMETRICS	LINEAR SPEED	PLYOMETRICS	LINEAR SPEED	10:00 AM	PLYOMETRICS	BOOTCAMP
4:45 PM	LINEAR SPEED	PLYOMETRICS	LINEAR SPEED	PLYOMETRICS	LINEAR SPEED	11:00 AM	PLYOMETRICS	TEAM TRAINING
6:00 PM	LINEAR SPEED / AR STRONG	PLYOMETRICS / AR STRONG	LINEAR SPEED / AR STRONG	PLYOMETRICS / AR STRONG	LINEAR SPEED	12:00 PM	TEAM TRAINING	TEAM TRAINING
7:00 PM	ENDURANCE	STRENGTH	BOOTCAMP	STRENGTH	BOOTCAMP			
8:00 PM	ENDURANCE	STRENGTH	BOOTCAMP	STRENGTH				

AR ATHLETE TRAINING

Acceleration (Linear Speed and Plyometrics), **AR Strong** (Lift Program), **Return 2 Play** (ACL Bridge and Concussion Recovery), **1-1 Personal** or **Team Training** (Football, Soccer, Lacrosse, Basketball, Baseball/Softball, Swimming, Track & Field)

AR-FIT ADULT TRAINING

Endurance (Cardio and High Intensity Interval Training), **Strength** (Low-Impact and Weight-Driven), **Bootcamp** (Balance of Cardio and Weights, with Functional and Bodyweight Movements), **Small Group** or **1-1 Personal Training**

CLASS SIZES ARE LIMITED. RESERVE YOUR SPOT AND SIGN-UP FOR YOUR PREFERRED CLASS ONLINE.



ATHLETIC REPUBLIC

WE KNOW ATHLETES

If you are looking to move better, get faster, stronger and more powerful, while tailoring your conditioning in the best possible manner for your specific sport, Athletic Republic Sports Performance Training is your answer. Whether it's adding 4 inches of height on a vertical jump or subtracting 0.4 seconds from an athlete's 40-yard dash, our one of a kind training programs propel our athletes to the top of their game. We are the premier training center for intense, individualized, sport-specific athlete development.

WE KNOW FITNESS

AR-FIT is our adult training program in which we take our sports performance training expertise and apply those principles to the active adult community. The individualized small group classes are designed to help adults of any fitness level get stronger, move better, and stay healthier. Our functional fitness exercises train your muscles to work together, relying on balance and coordination while simultaneously improving strength and range of motion. Whether you are just beginning your adult fitness journey or a seasoned adult athlete, Athletic Republic is your one-stop training destination.

FREE TRAINING

ONE (1) FREE Athlete Training Session or THREE (3) FREE AR-Fit Classes

CALL, EMAIL OR VISIT US TODAY

20 Route 10 West, Succasunna, NJ 07876 • (862) 419-9111

info@ARRandolphNJ.com • www.ARRandolphNJ.com

   @ARRandolphNJ