



**Performance Improvement Training**

# Training Schedule



| Training Time | MONDAY                                | TUESDAY                               | WEDNESDAY                             | THURSDAY                              | FRIDAY             |
|---------------|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|--------------------|
| 4:30 PM       |                                       | Strength & Conditioning<br>Ages 10-17 |                                       | Strength & Conditioning<br>Ages 10-17 |                    |
| 4:45 PM       | PIT KIDS<br>45 Min                    |                                       | PIT KIDS<br>45 Min                    |                                       | PIT KIDS<br>45 Min |
| 6 PM          | Strength & Conditioning<br>Ages 10-17 |                                       | Strength & Conditioning<br>Ages 10-17 |                                       |                    |
| 7 PM          |                                       |                                       |                                       |                                       |                    |

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