

ATHLETIC REPUBLIC

CLASS SCHEDULE – ATHLETE AND ADULT FITNESS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM	ENDURANCE	STRENGTH	BOOTCAMP	STRENGTH	BOOTCAMP	7:00 AM BOOTCAMP	
6:00 AM	ENDURANCE	STRENGTH	BOOTCAMP	STRENGTH	BOOTCAMP	8:00 AM ENDURANCE	
9:00 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
4:30 PM	LINEAR SPEED	PLYOMETRICS	LINEAR SPEED	PLYOMETRICS	LINEAR SPEED	11:00 AM PLYOMETRICS	
5:30 PM	LINEAR SPEED	PLYOMETRICS	LINEAR SPEED	PLYOMETRICS	LINEAR SPEED	12:00 PM CORPORATE EVENTS, SPORT CAMPS, CLINICS OR BIRTHDAY PARTIES – ASK FOR DETAILS –	
6:30 PM	ENDURANCE	STRENGTH	BOOTCAMP	STRENGTH	BOOTCAMP		
7:30 PM	ENDURANCE	STRENGTH	BOOTCAMP	STRENGTH			
8:30 PM	RESERVED FOR TEAMS, CLINICS, SMALL GROUP OR PRIVATE TRAINING						

AR-FIT ADULT TRAINING



ENDURANCE – Cardio and High Intensity Interval Training



BOOTCAMP – Balance of Cardio and Weights, with Functional / Bodyweight Movements



STRENGTH – Low-Impact and Weight-Driven

SPORTS PERFORMANCE AND FITNESS FOR ATHLETES



Acceleration – Linear Speed and Plyometrics

AR Strong – Strength and Lift Program for Athletes

Return 2 Play – ACL Bridge and Concussion Recovery

Personal Training – Individual or Partner, Sport-Specific or Personalized Programming

Team Training – All Sports in Youth, High-School and Collegiate Programs



**TRAIN.
RECOVER.
REPEAT.**

Proper recovery techniques prompt more effective training and faster recovery.

360APPROACHNJ.COM

LOCATED ON-SITE AT ATHLETIC REPUBLIC

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

FOR MORE INFORMATION: CALL (862) 419-9111 OR EMAIL INFO@ARRANDOLPHNJ.COM