



Spring 2019 Schedule: STRENGTH

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					11:00am Strength Performance
4:30pm Strength Performance	4:30pm Strength Performance	4:30pm Power Training	4:30pm Strength Performance	4:30pm Strength Performance	
	4:30pm Strength Performance (at the OTAC Hub)	4:30pm Strength Performance (at the OTAC Hub)			
5:30pm Strength Performance	5:30pm Power Training	5:30pm Strength Performance	5:30pm Power Training		
				<p><i>Ask about scheduling an evaluation!</i></p> <p><i>All classes on the strength schedule are approximately 60 minutes in duration and will meet at the OTAC II Parisi building first.</i></p> <p><i>Schedule effective March 4th, 2019</i></p>	

www.otacfitness.com/programs/divergent/