

1887 Pleasantville Road  
Briarcliff, NY 10510  
(914) 292-5063



 Briarcliff Strength Club  
 @BriarcliffStrengthClub

[www.briarcliffstrengthclub.com](http://www.briarcliffstrengthclub.com)

## Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
5:30 AM	Total Body Strength		Total Body Strength	Strength Circuit		8:00 AM	Strength Circuit	TBD
7:15 AM	Total Body Strength	Semi-Private	Total Body Strength		Total Body Strength	9:00 AM	Strength Circuit	TBD
8:15 AM	Total Body Strength	Cardio Circuit	Total Body Strength	Strength Circuit	Total Body Strength	10:00am		
9:30 AM	Total Body Strength	Cardio Circuit	Total Body Strength	Strength Circuit	Total Body Strength			
11:00 AM	Semi-Private	Semi-Private	Semi-Private	Semi-Private	Semi-Private			
12:00 PM	Senior Strong Training		Senior Strong Training		Senior Strong Training			
3:00 PM								
4:00 PM	8-12yr Old Student Athlete Class			8-12yr Old Student Athlete Class				
5:00 PM	Total Body Strength		Total Body Strength					
5:30 PM		Cardio Circuit		Strength Circuit				
6:15PM	Total Body Strength		Total Body Strength					

Join  
The Strength Club  
Today!

