

SEPTEMBER 1ST - DECEMBER 14TH

SPIRE

PERFORMANCE FALL HOURS

FULL PROGRAM
[SPEED & LIFT]
\$35.00 / SESSION

SPEED - OR - LIFT
\$22.50 / SESSION

**MONDAY
TO
FRIDAY**

SPEED
5 PM - 6 PM

LIFT
6 PM - 7 PM

New optional 7 pm - 8 pm time for those who can't make it to either class during the 5 pm - 7 pm slot

SATURDAY

SPEED
10 AM - 11 AM

LIFT
11 AM - 12 PM

For more information, please Contact:
Keith Webb
440-466-1002 x 154
kwebb@spireinstitute.org

**PERFORMANCE TESTING
& ASSESSMENTS:
CALL TO SCHEDULE AN APPOINTMENT**

