



402 N. Perry St. Johnstown, N.Y. 12078

STRONGER....FASTER....BETTER!

Strength & Conditioning Program - This program uses a systematic approach to building strength and increasing conditioning.

Limited package (\$100/month) includes: 3 session/week = \$8.33 per session

*3 coached sessions per week

*Access to SugarWod App

Unlimited Package (\$150/month) includes: 6 sessions/week = \$6.25 per session

*Unlimited coached sessions per month

*Access to SugarWod App

*Personalized Goal Setting with follow-ups

*Personalized Program Adjustments

*Priority for scheduling (booking) sessions

Schedule

Mon-Fri

7am-8am

9am-10am

5pm-6pm

6:30pm-7:30pm

Sat

8-9am

SuperTotal Club

This program is for the experienced weightlifter or powerlifter. The Supertotal Club is designed to increase your Olympic Weightlifting (Snatch, Clean & Jerk) and Powerlifting (Squat, Bench Press and Deadlift).

\$150/month - Schedule: Mon-Fri 5am - 6:30am

**We would like to extend 10% off the unlimited monthly membership fee to all current Lexington employees. When you sign up for the unlimited monthly membership you will need to provide your Lexington ID badge or current paystub for employment verification. Employment will be verified every six months. **

Email Axisstrengthtraining@gmail.com or Phone 518-844-2115