

PERFORMANCE TRAINING



Hours of Operation

<https://impactathleticsny.com/fitness/training>

(518) 579-4000

| Programs | Hours |
|---|--|
| Athletic Performance Training | By Appointment |
| Adult & Active Senior Training | By Appointment |
| Open Lift <i>Members only</i> <i>Athletes under 18 years old must be accompanied in the Performance Training Center by a parent/guardian</i> | Monday – Friday 6:30am – 12:00pm 6:00pm – 8:00pm Saturday 8:00am – 12:00pm |
| Classes | As Scheduled |
| Active Recovery | By Appointment |