

# PERFORMANCE TRAINING



## Hours of Operation

<https://impactathleticsny.com/performance-training>

(518) 579-4000

Programs	Hours
Athletic Performance Training	By Appointment
Adult Personal Training	By Appointment
<b>Open Lift</b> <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