



Adult Program Schedule

Adult Total Conditioning:

Monday – Wednesday – Friday

7:00 AM to 8:00 AM

Endurance Athlete Training:

Not in our current schedule

Tactical Athlete Training:

Not in our current schedule

Spin Classes:

Not in our current schedule

For more information or to enroll call (207) 710-5509 today
Or visit us on the web at www.orthoassociates.com/lp10

OA Performance Center ❖

15 Lund Road, Saco, Maine 04072 ❖

(207) 710 - 5509