

# Strength & Conditioning

Event Date

Mon, Mar 4 2024, 6 - 7pm

Weekly on Monday at 6:00pm

Upcoming

- Mon, Mar 11 2024, 6 - 7pm
- Mon, Mar 18 2024, 6 - 7pm
- Mon, Mar 25 2024, 6 - 7pm
- Mon, Apr 1 2024, 6 - 7pm
- Mon, Apr 8 2024, 6 - 7pm
- Mon, Apr 15 2024, 6 - 7pm
- Mon, Apr 22 2024, 6 - 7pm

Weight Lifting repetitions stretching for improved fitness

\$2 drop in or \$30 punch card for 15 visits

Monday and Wednesday 6 pm