

2022 Summer Strength & Conditioning 7-12 Girls

June 6—August 4

****KSHSAA Moratorium/NO workouts July 4-10****

Mondays: 7th–12th: 7:55am–8:55am

**Tuesdays/Thursdays: 10th–12th: 7:55am–8:40am
7th–9th: 8:45–9:30am**

****dress for strenuous activities, including shoes**

****provide your own water bottle**

Enter east side of gym by weightroom