

Strength & Conditioning

Event Date

Mon, May 20 2024, 6 - 7pm

Weekly on Monday at 6:00pm

Recent

- Mon, May 13 2024, 6 - 7pm

Upcoming

- Mon, May 27 2024, 6 - 7pm
- Mon, Jun 3 2024, 6 - 7pm
- Mon, Jun 10 2024, 6 - 7pm
- Mon, Jun 17 2024, 6 - 7pm
- Mon, Jun 24 2024, 6 - 7pm
- Mon, Jul 1 2024, 6 - 7pm
- Mon, Jul 8 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