

SARTELL HIGH SCHOOL SUMMER STRENGTH AND CONDITIONING

June 14 - July 30

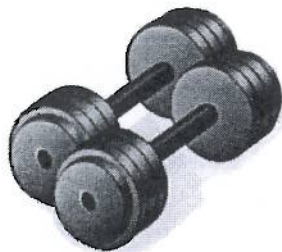
Monday, Wednesday and Friday

SHS Weight Room open from 7:00 to 10:00

Conditioning sessions at 8:30, 9:00 and 9:30
(meet by the weight room)

Open gym (Monday through Thursday) at Sartell High School

\$50.00 participation fee - please register in the Activities Office



*...Plyometrics
...Weight Training
...Speed Training
...Agility Training*