

Female Conditioning

Interested in conditioning during the spring season? Come out on Wednesdays from 3:15–5:30 at St. Georges.



WHAT ARE WE DOING?

- HIIT-Based workouts
- Running
- Strength Training



STARTING WEDNESDAY 3.16

Questions? Reach out to Coach Mitchell or Coach Jenn Rodgers

FACTS:

- Meet in the gym around 3:15
- Bring WATER and a snack for after school
- Please wear WORKOUT attire, no Jeans or open-toe shoes.
- This opportunity is for ANY FEMALE at SG, no matter your participation in sports or ability level.

