



Strength Training: Jan. – Dec. 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Goodman's Bay 4:30pm-5:30pm 5:30pm-6:30pm	Goodman's Bay 4:30pm-5:30pm 5:30pm-6:30pm	Goodman's Bay 4:30pm-5:30pm 5:30pm-6:30pm	Goodman's Bay 4:30pm-5:30pm 5:30pm-6:30pm	Goodman's Bay 4:30pm-5:30pm 5:30pm-6:30pm	Goodman's Bay 11:00am-12:00pm
	Goodman's Bay 4:30pm-5:30pm 5:30pm-6:30pm	Goodman's Bay 4:30pm-5:30pm 5:30pm-6:30pm	Goodman's Bay 4:30pm-5:30pm 5:30pm-6:30pm	Goodman's Bay 4:30pm-5:30pm 5:30pm-6:30pm	Goodman's Bay 4:30pm-5:30pm 5:30pm-6:30pm	Goodman's Bay 11:00am-12:00pm
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*Training schedule is subject to change due to inclement weather or other circumstances. All participants will be notified between 4-24 hours prior to any change.

A Packet which includes a Nutritional Plan will be provided.

*Once your payment has been received, we will contact you regarding the days you would like to train so we can create a personalized schedule for you.

*Track & Field and Bowling Programs will have Club Teams starting in 2021 once we have at least 10 persons committed to the programs.

*We will also provide you with a list of items needed for practice.

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