

VERONA STRENGTH & CONDITIONING

with Coach Shanley - September 2019

CrossFit Maroon and White / Fitness Center Schedule

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
1	2	3	4	5	6	7
8			11	12 OPEN 3nm-4nm	13 OPEN 3nm-4nm	14
15			16 Girls 3pm-4pm Football 6pm-7pm	17 OPEN 3pm-4pm Football 6pm-7pm	18 Girls 3pm-4pm Football 6pm-7pm	19 OPEN 3pm-4pm Football 6pm-7pm
22	23 Girls 3nm-4nm Football 6pm-7pm	24 OPEN 3nm-4nm Football 6pm-7pm	25 Girls 3nm-4nm Football 6pm-7pm	26 OPEN 3nm-4nm Football 6pm-7pm	27 OPEN 3nm-4nm	28
29	30 Girls 3nm-4nm Football 6pm-7pm	1 OPEN 3nm-4nm Football 6pm-7pm	2 Girls 3nm-4nm Football 6pm-7pm	3 OPEN 3nm-4nm Football 6pm-7pm	4 OPEN 3nm-4nm	5

Girls CrossFit: open to any athlete or student, No experience Required

OPEN GYM w/ Maher: No set workout, just come down & lift

MOBILITY CLUB: Mobility, stability & Recovery (times/dates TBD)

MORE INFO: Join S&C Google Classroom code - efyhtf

<https://www.veronaschools.org/Domain/1177>

