

## Summer Conditioning Schedule

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
<b><u>JUNE</u></b>		2.	3.	4.	5.	6.
7.	8.Workout	9.	10.Workout	11.	12.Workout	13.
14.	15.	16.Workout	17.	18.Workout	19.	20.
21.	22.Workout	23.	24.Workout	25.	26.Workout	27.
28.	29.	30.Workout				
<b><u>JULY</u></b>			1.	2.Workout	3.	4.
5.	6.Workout	7.	8.Workout	9.	10.Workout	11.
12.	13.	14.Workout	15.	16.Workout	17.	18.
19.	20.Workout	21.	22.Workout	23.	24.Workout	25.
26.	27.	28.Workout	29.	30.Workout	31.	

A message from the Student Summer Conditioning team:

**All workouts start at 7:30 and end at 9:00. We will jog and then play various sports, e.g. soccer, ultimate Frisbee, freeze tag, ect. This is a great precursor to marching band because you will be in shape before August ☺ You'll have fun and will increase your chances of obtaining a marching spot. If any of your sectionals conflict with any of the workouts, feel free to attend them; this is not mandatory, come whenever you are able. Hope to see y'all there! See Lauren Holt and/or Chelsea Butts if you have questions or concerns ☺**