Summer workout

**Who:** Menaul student athletes

**What:** Middle school (conditioning/Learning lifts “no weights”). Upper school (conditioning/weights). Sports practice will follow.....

**When:** Tuesday May 31\(^{st}\) to June 30\(^{th}\). Monday to Thursday except for Memorial Day. 8am-9:15am workout. 9:30am-10:30am will be team sports.

**Where:** Menaul weight room, football field and/or Gym.

**Cost:** $20.00/ include workout shirt and shorts for registration made by May 11\(^{th}\).

**Shirt sizes:** adult S____ M____ L____ XL____ 2x____

**Short sizes:** adult S____ M____ L____ XL____ 2x____

**** Bring money to Coach Boatman or Coach Baca. Make check out to Menaul School