



# Boys/Girls Conditioning

## This Friday, Oct 9th ONLY

Due to the Jog-a-Thon, and with Friday being a day off, conditioning workouts will be changed for this week ONLY.

Both Boys and Girls will be conditioning together at Westwood Hills Park in Napa on Friday October 9th. from 3:00-4:30pm

All students will need to bring a bottle of water and wear good running shoes. We will be working circuits and hills...so good footwear is crucial.

As always, our conditioning workouts are open to all St. John's students grades 5-8. Our goal is not only to enhance the condition, strength and stamina of our student athletes...but also for all of our students to gain the confidence one gets from staying fit and getting stronger.

**What:** Boys/Girls Conditioning

**When:** October 9, 2009

**Where:** 3107 Browns Valley Rd, Napa, CA

**Time:** 3:00-4:30pm

**Other:** Mrs. Shull will meet everyone in the parking lot staging area. We will stay together throughout the workout. I look forward to the kids enjoying the beauty of working out in one of my favorite places...the hills of Westwood Hills Park!

Please call my cell at 812-0011 if you have any questions...or drop me an email at [alishull@gmail.com](mailto:alishull@gmail.com)

**See you this Friday!**