

2020 Conditioning Schedule

Monday, February 17th- LRC Gym 345-5pm

Wednesday, February 19th- Aquatic Center 345-5pm

Thursday, February 20th- Aquatic Center 345-5pm

Monday, February 24th- Aquatic Center 345-5pm

Wednesday, February 25th- Aquatic Center 345-5pm

Thursday, February 27th- Aquatic Center 345-5pm

Monday, March 2nd- LRC Gym 345-445pm

Tuesday, March 3rd - LRC Gym 345-445pm

**Wednesday, March 4th-Aquatic Center- 345-445PM

Thursday, March 5th- LRC Gym 345-445pm

Monday, March 9th- LRC Gym 345-445pm

Tuesday, March 10th- LRC Gym 345-445pm

**Wednesday, March 11th-Aquatic Center 345-445PM

Thursday, March 12th- LRC Gym 345-445pm

**Stairs/lifting only-NO SWIM

Items Required for Conditioning:

- ✓ Swim trunks
- ✓ Towel-Both LRC and Aquatic Center
- ✓ Goggles (optional)
- ✓ Running Shoes/Socks
- ✓ Water Bottle