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LEXINGTON ATHLETICS SUMMER SCHEDULE

SUMMER WORKOUTS

JUNE 1-24

MONDAY, TUESDAY, AND THURSDAYS

SESSION 1: 7:30AM-9:00AM

SESSION 2: 6:00PM-7:30PM

TAC

THE ATHLETES COURSE

JULY 12-30

MONDAY, TUESDAY, THURSDAY, FRIDAY

ONLY 1 SESSION: 6:00PM-8:00PM

\$40 PER ATHLETE-MAKE CHECKS PAYABLE TO

LEXINGTON ATHLETICS

**GET TRAINED BY C.S.C.S CERTIFIED
STRENGTH AND CONDITIONING TRAINERS**

FOR ALL ATHLETES 6TH-12TH GRADE

BE BULLDOG BOLD

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