

# Arlington Stallions Workshop

## Improve your Strength and Conditioning



### Fall Rugby Conditioning

- \* Learn Perfect technique to meet the demands of the big lifts
- \* Learn the foundation principles to strength and conditioning.
- \* Learn how to modify your program for your specific sports needs



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Before we can proceed we need to see how many people are interested. It is a first come first served 4 week workshop. Location will be determined as soon as we get at least 6 people signed up.

**Workshop Date:** Monday October 31st - December 1st

**Location:** 325 West Northwest Highway, Palatine IL

**Price:** \$199.00 per month

\*\*Sign up as soon as possible before classes fill up. As soon as 6 people are signed up classes can begin.\*\*

*Parents are also welcome*