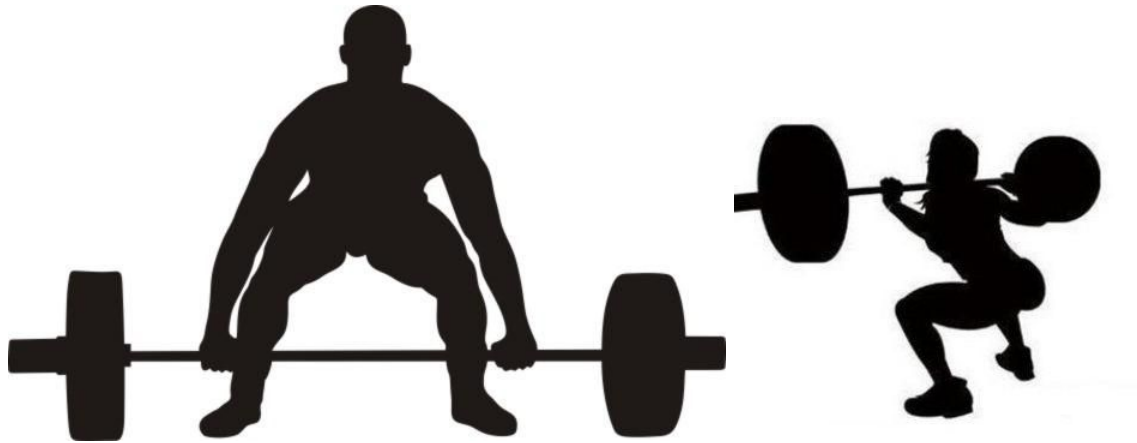


# **BOLD STRENGTH & CONDITIONING**



## *Focus*

- Improvement of basic functional movements that are necessary and common in your daily/athletic activities.
  - Cardio-respiratory endurance, stamina, strength, flexibility, power, speed, coordination, agility, balance, accuracy, and mental toughness.

## *Where*

- BOLD High School Weightroom

## *When*

- Monday, Wednesday, Friday @ 5:30 a.m. to 7:30 a.m.

**Sign up in the AD office and grab a permission form!**