

RAVEN STRONG

**Begins
Monday
Sept 23**



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“PREPARE FOR VICTORY”

ROHS Strength & Conditioning

DAY/TIME	3:15-4:30pm	4:30-5:30pm	5:30-6:30pm
M	High Intensity Interval Training/Core/Strength (Individual/All Genders) Team/Program Sign-Up (contact Coach Potter)	High Intensity Interval Training/Core/Strength (Individual All Genders) Team/Program Sign-Up (contact Coach Potter)	High Intensity Interval Training/Core/Strength (Individual All Genders) Team/Program Sign-Up (contact Coach Potter)
T	High Intensity Interval Training/Core/Strength (Individual All Genders) Team/Program Sign-Up (contact Coach Potter)	High Intensity Interval Training/Core/Strength (Individual All Genders) Team/Program Sign-Up (contact Coach Potter)	High Intensity Interval Training/Core/Strength (Individual All Genders) Team/Program Sign-Up (contact Coach Potter)
W	High Intensity Interval Training/Core (All Genders)	Team Time (Sport Coach must be present)	Team Time (Sport Coach must be present)
TH	High Intensity Interval Training/Core/Strength (Individual All Genders) Team/Program Sign-Up (contact Coach Potter)	High Intensity Interval Training/Core/Strength (Individual All Genders) Team/Program Sign-Up (contact Coach Potter)	High Intensity Interval Training/Core/Strength (Individual All Genders) Team/Program Sign-Up (contact Coach Potter)

All ROHS students are welcome!

During the school year, if school is not in session, there will be no workout

For questions, contact Strength and Conditioning Coach, Mr. Potter,
david.potter@royalookschools.org