



WORCESTER ATHLETIC CLUB

Conditioning and Core Strength Training

We are again running a half hour medicine ball session followed by circuit training and conditioning session at **Nunnery Wood School Gym** every Monday evening from 7th October 2019 to 30th March 2020:

6:30pm **Medicine Ball & Core strength**
7:15pm **Circuit training & conditioning**

This is an excellent addition to your normal training and is open to club and non-club members (younger members should talk to their coach in the first instance to ensure it is suitable for them).

If you are interested please just come along or, if you would like more information please contact:

Andrew Peach tel.: 01905 763054 or email: apeach@lineone.net

Or

Quentin Elmhirst tel.: 01905 764316 or email: qelmhirst@gmail.com

Seniors: **£2**
Juniors/students **£1**