



# 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 3rd October 2016 to 27<sup>th</sup> March 2017:

**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](mailto:apeach@lineone.net)

Or

Deirdre Elmhirst      tel.: 01905 764316 or email: [Deirdre-Elmhirst@msn.com](mailto:Deirdre-Elmhirst@msn.com)

**Seniors:**                      **£2**

**Juniors/students**              **£1**