

# STRENGTH & CONDITIONING

Conditioning, Plyometrics & Agility

Open Sessions @

Wightman Field Track

October 28-December 4, 2009

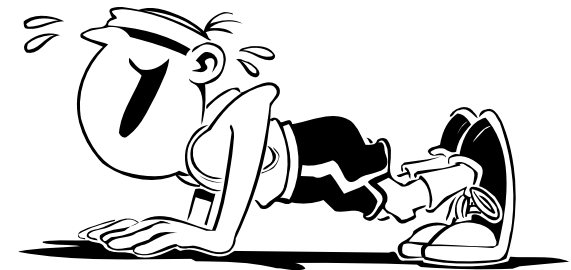
Workout with *Brandon Edmonds*

Tuesday

12:30-2:00 p.m.

Friday

3:30-5:00 pm



Sponsored by the Athletic Department & Recreational Services

For more information call 973-720-3861.