

# STRENGTH & CONDITIONING

Strength Training Open Sessions

October 28-December 4, 2009

Workout with

*Brandon Edmonds*

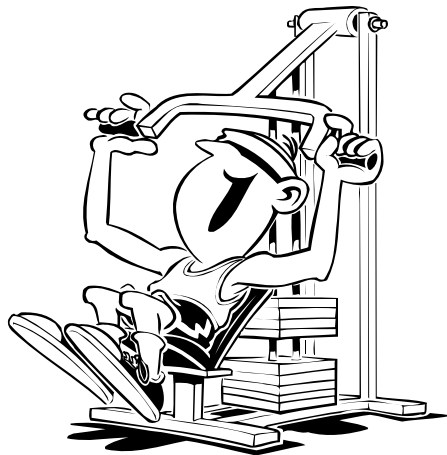
Monday-Wednesday

Rec Center

Weight Room

4:00-5:30 pm or

7:30 – 9:00 pm



Sponsored by the Athletic Department & Recreational Services  
For more information call 973-720-3861.