

SBOC CLUB NIGHT



STRENGTH & CONDITIONING

ALL MEMBERS WELCOME


6.30PM


Wednesday 7th January

Location: Ynystawe Cricket Club, SA6 5AP
W3W ///marzipan.spotted.racing

Parking: At the Club

Post Session Social: Millers Arms, Ynystawe, SA6 5AY

 Join us for a 12 week course to introduce Strength and Conditioning for Orienteering to your weekly training. First week of each month will be in person where we will do movement and fitness testing, followed by the introduction to basic Foundation movements. The other weeks in the month will be on-line.

 The Cricket Club will be open from 6:15pm, session will starts at 6.30pm. Finishing at 8.00pm.


 Make sure to bring a drink to keep hydrated.

 Toilets and changing rooms at the club

 Bring a yoga/exercise mat if you have one

 Sessions are free and ONLY available for members of SBOC

 You must register via Pre-entries in advance if you wish to attend.

 Wear something that you can move freely in - elasticated sports wear is best and road running shoes or gym trainers, which must be clean - no muddy trainers please!

www.s boc.org.uk