

NORTHBROOK HIGH SCHOOL

10th-12th Graders: 7:30-9:30 AM
7th-9th Graders: 11:00 AM-1:00 PM

Mon	Tue	Wed	Thu	Fri
30 	31 	1 	2 	3 
6 	7 	8 	9 	10 
13 	14 	15 	16 	17 
20 	21 	22 	23 	24 
27 	28 	29 	30 	
JUNE				

Mon	Tue	Wed	Thu	Fri
				1 
4 	5 	6 	7 	8 
11 	12 	13 	14 	15 
18 	19 	20 	21 	22 
25 	26 	27 	28 	29 
JULY				



SAC & SSI



SSI Only



No Workout

#RIDE

Cost is \$125

Payment Plans and
Scholarships are available

Register by
scanning this code



Raiders of ALL
SPORTS are
encouraged to
participate!

Please direct all questions to
Andres.Gomez@springbranchisd.com or
Karre.Wallace@springbranchisd.com

STRENGTH AND CONDITIONING 2022