

COUNCIL ROCK NORTH WRESTLING

Off season Workouts

Starting April 2, 2019

Wrestling and Strength Training
Train with CRNorth Wrestling

HARD WORK

Council Rock North High School
April 2nd to June 11th
Tuesdays, Thursdays and Fridays

10 WEEKS - WRESTLING & WEIGHT TRAINING

GET STRONG

- Lifting - Tue 3pm - 4pm, Thur 3pm - 4pm, Fri 2:30pm - 3:30pm
- Wrestling - Tue & Thur 7pm (At George School)