

SUMMER WORKOUT SCHEDULE

"The FACTORY"

[OPEN for HEMPFIELD SCHOOL DISTRICT BOYS ENTERING GRADES 5 through 12]

GRADES 9 through 12

Monday Wednesday Thursday
(starting June 16, 2025 thru July 31
NO WORKOUTS THE WEEK OF JULY 4)
7 to 7:45 AM
9 to 10 AM
Buchanan Gym

WEIGHT TRAINING * AGILITY * CONDITIONING
MONDAY - WEDNESDAY- THURSDAY
7:45 to 9:00 AM
Weightroom

GRADES 5 through 8

Monday Wednesday Thursday
(starting June 16, 2025 thru July 31
NO WORKOUTS THE WEEK OF JULY 4)
9:30 to 11 AM
Franklin Gym