



Cross Country Summer Conditioning 2021

Open workouts beginning Monday, June 21

Monday, Thursday & Saturdays from 8 – 9:30 a.m.

Tuesdays from 3 – 4:30 p.m.

At L.E.A.F. (Lake Erie Arboretum at Frontier Park)

***Meet at the kiosk west of playground on West 6th Street.**