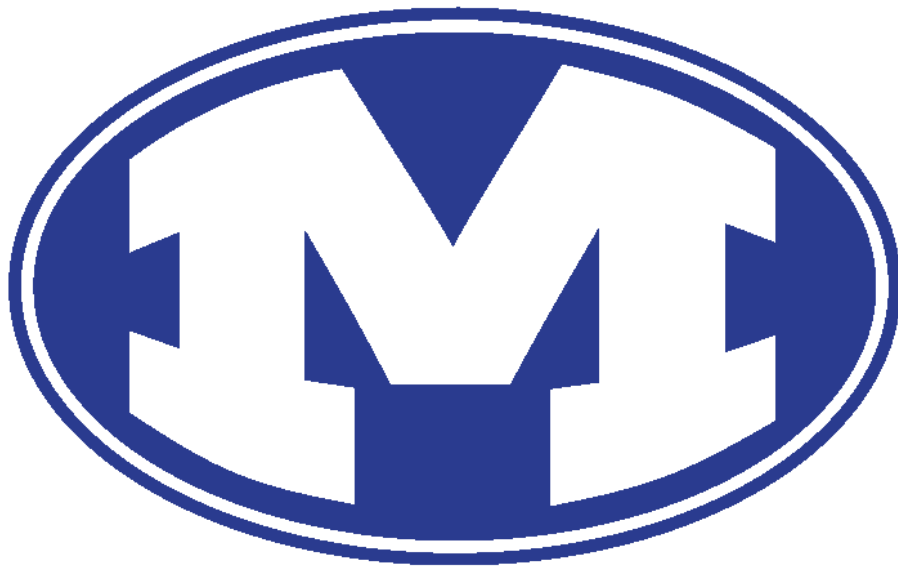


2014 Miamisburg Volleyball Strength and Flexibility Schedule



STARTING MONDAY JUNE 9th at the HIGH SCHOOL

Strength Training - Monday, Wednesday and Friday – 10:00a – 11:00a
w/ Matt Muncy (of *Renegade Warehouse*)

Flexibility Training – Monday, Wednesday and Friday – 11:00a – 11:30a
w/ Doug Stebbins (of *Voltage Athletics*)