



Community Calendar Announcement

What: Strength & Conditioning Sports Performance Clinic

Where: Arden Hills Resort Club & Spa
1220 Arden Hills Lane, Sacramento

When: Friday, March 26

Time: 8:00 a.m.

Cost: \$70.00

For More: (916) 955-1586 or www.ardenhills.net

Suggested Copy: **Arden Hills Resort Club & Spa** is proud to host a special Strength & Conditioning Clinic designed to improve sports performance for athletes of all ages. A variety of top notch experts will share insights and demonstrate techniques on topics of interest to track and field throwers, baseball players and athletes looking to improve their overall performance through weightlifting, nutrition and specialized conditioning. Open to everyone, the clinic will take place in the new, state-of-the-art Strength & Conditioning facility on-site at Arden Hills. For more, call 916-482-6111 or visit www.ardenhills.net.

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