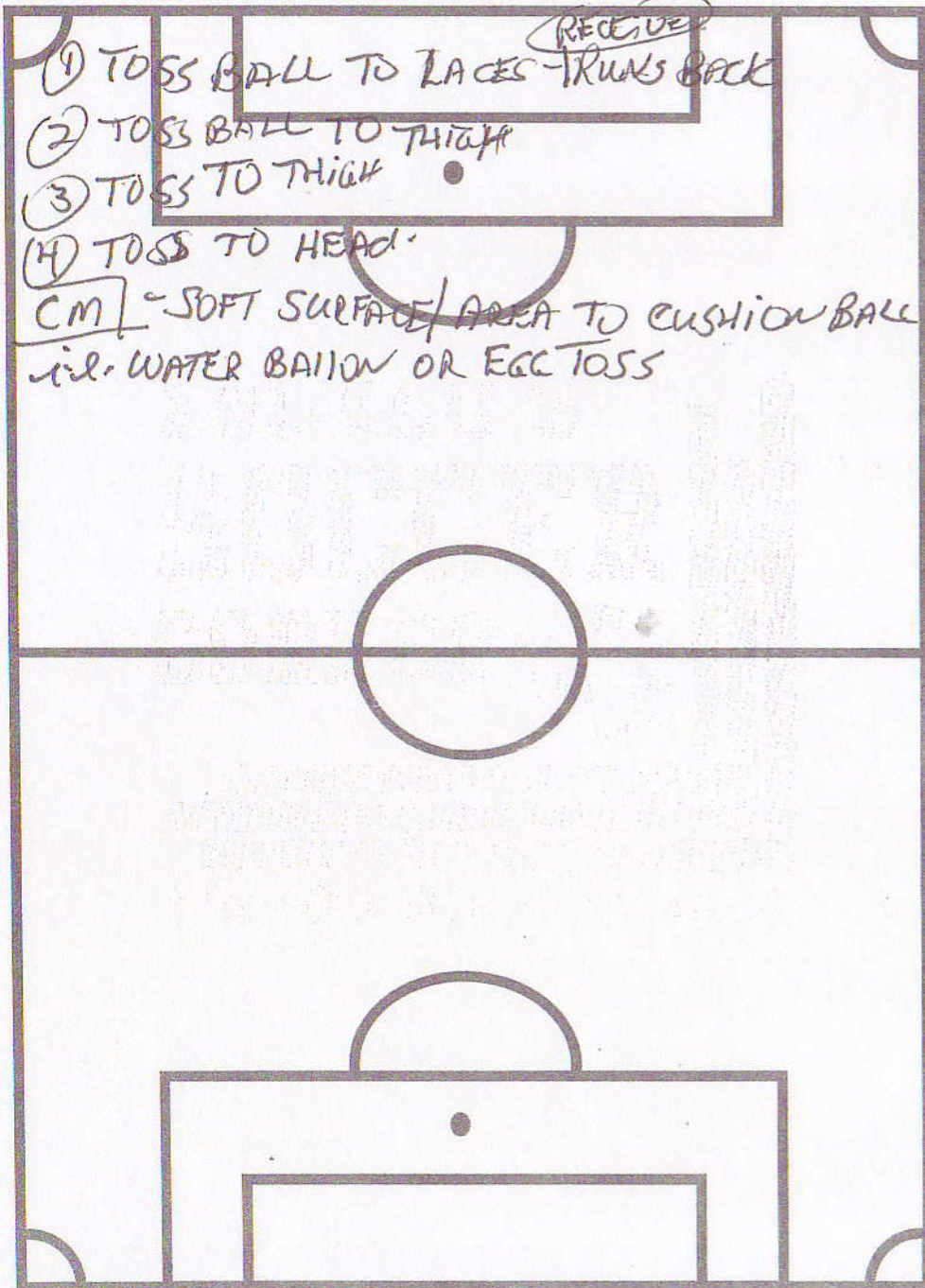


# RECEIVING - USE PAIRS + WIDTH OF FIELD

## WARM UP + 1ST EXERCISE.

<b>BERWYN</b> 276 W Swedesford Rd Berwyn, PA 19312 Tel: 610-240-9656	<b>HUNTINGDON VALLEY</b> 2074 County Line Rd Huntingdon Valley, PA 19006 Tel: 215-322-7606	<b>MECHANICSBURG</b> 4713 Carlisle Pike Mechanicsburg, PA 17050 Tel: 717-737-6676	<b>HARRISBURG</b> 6031 Allentown Blvd Harrisburg, PA 17112 Tel: 717-545-8435	<b>LANCASTER</b> 360 Steel Way Lancaster, PA 17601 Tel: 717-291-5690
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# OUTSIDE OF FOOT #25

<b>BERWYN</b> 276 W Swedesford Rd Berwyn, PA 19312 Tel: 610-240-9656	<b>HUNTINGDON VALLEY</b> 2074 County Line Rd Huntingdon Valley, PA 19006 Tel: 215-322-7606	<b>MECHANICSBURG</b> 4713 Carlisle Pike Mechanicsburg, PA 17050 Tel: 717-737-6676	<b>HARRISBURG</b> 6031 Allentown Blvd Harrisburg, PA 17112 Tel: 717-545-8435
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