



ANTHONY ISD ATHLETICS SUMMER WORKOUTS 2026



WEEKLY SCHEDULE

1 - 4
JUNE

7:00-9:00 AM STRENGTH/CONDITIONING
9:15-10:15 AM SPORT SPECIFIC WORKOUTS
10:30-12:30 PM OPEN GYM (AHS GYM)
Anthony Middle School Gym

8 -11
JUNE

7:00 - 9:00 AM STRENGTH/CONDITIONING
9:15-10:15 AM SPORT SPECIFIC WORKOUTS
10:30-12:30 PM OPEN GYM (AHS GYM)
Anthony Middle School Gym

15 -18
JUNE

7:00 - 9:00 AM STRENGTH/CONDITIONING
9:15-10:15 AM SPORT SPECIFIC WORKOUTS
10:30-12:30 PM OPEN GYM (AHS GYM)
Anthony Middle School Gym

22- 25
JUNE

7:00 - 9:00 AM STRENGTH/CONDITIONING
9:15-10:15 AM SPORT SPECIFIC WORKOUTS
10:30-12:30 PM OPEN GYM (AHS GYM)
Anthony Middle School Gym

District Closure JUNE 29 - JULY 3, 2026

6 - 9
JULY

7:00 - 9:00 AM STRENGTH/CONDITIONING
9:15-10:15 AM SPORT SPECIFIC WORKOUTS
10:30-12:30 PM OPEN GYM (AHS GYM)
Anthony Middle School Gym

13-16
JULY

7:00 - 9:00 AM STRENGTH/CONDITIONING
9:15-10:15 AM SPORT SPECIFIC WORKOUTS
10:30-12:30 PM OPEN GYM (AHS GYM)
Anthony Middle School Gym

Open to all AISD athletes entering 7th - 12th grade