



CHICAGO STATE UNIVERSITY

STRENGTH CONDITIONING

Hosted by the Division of Continuing Education and
Nontraditional Programs

Class dates:

August 29-October 3, 2026
Saturdays Only



Time: 9:30 - 11:00 AM | Cost: \$99

Location: Jacoby Dickens Fitness Center, Chicago State University
9501 S. King Drive, Chicago, IL

CSU students, staff, and alumni receive a 15% discount.

Visit the Cashier's Office in the Cook Administration Building to pay.

REGISTER IN-PERSON TODAY AT:

- CSU Cashier's Office: 8:30 am - 5 pm, M-F, Cook Administration Building – Room 212
- Options Program Office: 9 am - 4 pm, M-F, Jacoby Dickens Athletic Center, Room 201

Both locations are on CSU's campus: 9501 S. King Drive, Chicago, IL 60628

Call Continuing Education at **(773) 995-4466** or email
continuinged@csu.edu to register or for more information.