



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SERIOUS TRAINING, SERIOUS RESULTS

Ladies Who Lift

Barbell training is the most effective way to increase strength and power, bone density, and muscular definition—learn the basic powerlifts in 6-weeks of progressive training!

JUNE 5th-JULY 21st

Mondays and Thursdays: 6:45am-7:30am

Tuesdays and Fridays: 11-12:00 am

\$55 for Members, \$70 for non-members

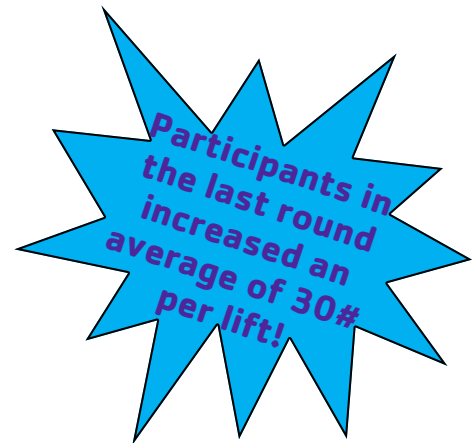
Register by JUNE 2nd

INSTRUCTION INCLUDES:

- Proper form for the squat, deadlift, bench press, and overhead press
- Assistance exercises
- 6-week program outline

SUGGESTED EQUIPMENT

- Gym chalk
- Flat, thin-soled shoes



Taught by Victoria Bruce, NASM Certified Personal Trainer

Rocky Mount
295 Technology Dr.
Rocky Mount, VA 24151
(540)489-9622

Smith Mountain Lake
293 FirstWatch Drive
Moneta, VA 24121
(540)721-9622

Ferrum
333 Wiley Dr.
Ferrum, VA 24088
(540)365-9622