



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 lean body mass— learn the basic powerlifts in 6-weeks of progressive training!

SEPTEMBER 11–OCTOBER 20

- Mondays and Thursdays: 7:00am–7:45am
- Tuesdays and Fridays: 11–12:00 am
- \$55 for Members, \$70 for non-members
- Register by 9/8

Participants in the last round increased an average of 30# per lift!

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