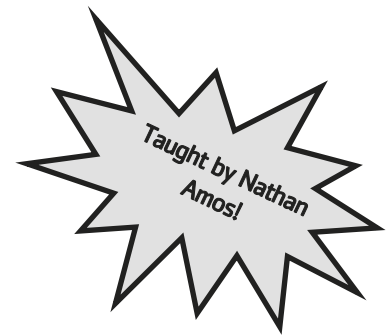




FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STRENGTH TRAIN TOGETHER



Intro to Men's Powerlifting ROCKY MOUNT

Kick your resistance training up a notch by learning how to perform the three staple Powerlifting lifts: the Squat, the Bench Press, and the Deadlift. This class emphasizes form and will help you build strength through proper weight progressions. In the process of getting stronger, you will also work on core strength and mobility to help perform each exercise.

WHEN: Tuesdays and Thursdays, starting
September 11th - October 18th

TIME: 6:00pm - 7:00pm 13-16 yrs
7:00pm - 8:00pm 18+ yrs

LOCATION: Flex Gym

- \$55 for Members \$70 for non-members
- Suggested equipment:
 - Gym chalk
 - Flat, thin-soled shoes
 - Wrist straps
 - Notebook

