

Learn to Lift!

Want to come to the gym and know exactly what to do, how to do it, and why? Tired of just doing the same workout your friends do? Or just looking for some new ideas to blast through a plateau? Each class will focus on specific body parts or muscle groups, and a variety of lifts to target these areas. Proper form will be taught for each lift. Members of the class would develop their own strength program (by choosing exercises for each muscle group) between week 5 and 6, and class 6 would consist of completing this workout. The final product by week 6 would be the development of a weight-training program, under the guidance of a personal trainer, which fits your interests, schedule and goals.



Where: Fitness Center
Dates: March 2nd - April 6th
When: Saturdays
Time: 9:00 AM – 10:00 AM
Ages: 13 - 17
Member: \$109
Non-Member: \$159
*Minimum of 3 to run
*Max Class Size is 8



