



Strength Training 101

Empowering you to maximize your gym membership

This 8 week session begins January 10th

The Program

This is a truly comprehensive, hands-on course in strength training.

In this program you will learn how to safely use all of the equipment in the weight room including machines, free weights, cables, resistance bands, TRX suspension training, kettle bells, medicine balls, stability balls and anything else you've wondered how to use!

In addition, you will learn detailed anatomy to prevent injury, learn about your metabolism and nervous system and master the foundational principles of weight lifting and personalized workout design.

How it works

- Attend once a week to learn a total-body workout that you can repeat 1-2 more times on your own.
- You will also receive written materials, learn about anatomy and physiology and injury prevention, receive weekly videos for review and have access to a comprehensive strength training database.
- Each week you will systematically learn to use new equipment. By the end of the 8 weeks you will know how to use everything in the weight room.

Space is limited to 6 participants per training group so sign up today!!

You do not need to be a gym member and you can attend at either GFD location.

Once you have completed the program you are welcome to come back, free of charge to review any sessions of your choice.

Select your once a week training group time:

Thursdays 6:30pm at Get Fit Davis, 2nd Street

or

Fridays 6:30am at Get Fit Davis, 2nd Street

or

Fridays 10am at Get Fit Davis Sport, Picasso Ave.

Cost is \$160 for the 8 week session (sign up at the front desk)

Trainer: Liz Shull Colenzo, AFAA/NASM CPT

For more information about Strength Training 101, contact Liz at eashull@hotmail.com