



Strength Training 101

Empowering you to maximize your gym membership

This 8 week session begins April 5th

The Program

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 and master the foundational principles of weight lifting and workout design.

How it works

- Attend once a week to learn a total-body workout that you can repeat 1-2 more times over the week.
- You will also receive written materials, weekly videos for review and have access to a comprehensive strength training database.
- Each week you will learn to use new equipment. By the end of the 8 weeks you will know how to use everything in the weight room.
- After completing the program you will still have access to all of the materials, videos and database.

Space is limited to 6 participants per training group so sign up today!! You do not need to be a gym member.

Select your once a week training group time:

Thursdays 9am 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.
or
Saturdays 9am at Get Fit Davis Sport, Picasso Ave.

Cost is \$160 for the 8 week session

Trainer: Liz Shull Colenzo, AFAA/NASM CPT

A second weekly workout may be scheduled with Liz at the GFD small group rate.

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