

7th & 8th Graders

# Strength Training 101



Completion of this class will allow the participant to use the Civic Center weight room without adult supervision.

**6:30am-7:30am**

**Day 1 - Monday, October 31st**  
Safety & Functional Movement  
Screen

**Day 2 - Wednesday, November 2nd**  
Clean - Squat - Bench

**Day 3 - Friday, November 4th**  
Civic Center weight room  
orientation

Participants must attend all three classes. (Days 1 & 2 at SMC Therapy. Day 3 at Civic Center.)

**There is a maximum of 6 students per session.**

Cost: \$30 Bring payment to the first class. Checks made payable to: SMC Edge Wellness.

Register in-person at the Civic Center or call **(402) 443-4174**.

