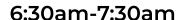
## 7th & 8th Graders

## **Strength Training 101**



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**.



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.



