

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, January 13th**  
Safety & Functional Movement Screen

**Day 2 - Wednesday, January 15th**  
Clean - Squat - Bench

**Day 3 - Friday, January 17th**  
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**.

