

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 - Tuesday, November 28th

Safety & Functional Movement
Screen

Day 2 - Thursday, November 30th

Clean - Squat - Bench

Day 3 - Friday, December 1st

Civic Center weight room
orientation

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**.

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.

