



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

7TH & 8TH GRADERS Strength Training 101

6:30-7:30 am

- Day 1 MONDAY, NOVEMBER 1**
Safety & functional movement screen
- Day 2 WEDNESDAY, NOVEMBER 3**
clean ● squat ● bench
- Day 3 FRIDAY, NOVEMBER 5**
Civic Center orientation to equipment

There is a maximum of six students per class. You must attend all three sessions (Day 1 & 2 at SMC Therapy, Day 3 Civic Center)
Cost \$30. Checks can be made to SMC Edge Wellness at the first session. Sign up at the Civic Center, or call **402 443-4174**.

