



GET FIT STRENGTH AND CONDITIONING

Try out our Lifting Program for 30 days  
ONLY \$50<sup>00</sup>!



Get Fit Strength and Conditioning NOW represents Weightlifting and Powerlifting classes taught by certified weightlifting and powerlifting coach **Reed Phinisey**. His qualifications include:

- B.S., FLORIDA ATLANTIC UNIVERSITY EXERCISE SCIENCE & HEALTH PROMOTION
- CSCS-CERTIFIED STRENGTH AND CONDITIONING SPECIALIST
- NSCA CERTIFIED PERSONAL TRAINER
- USAW-SPC Lv. I SPORT PERFORMANCE COACH

Tuesday and Thursday Evenings

5:30pm Powerlifting • 6:30pm Weightlifting

*Classes are held inside of **Get Fit Davis Sport** located at  
1809 Picasso Ave, Davis, CA 95618*

[getfitstrengthandconditioning.com](http://getfitstrengthandconditioning.com)

**Questions:** Contact Coach Elizabeth at [gfstrengthandconditioning@gmail.com](mailto:gfstrengthandconditioning@gmail.com)