



GET FIT STRENGTH AND CONDITIONING

Free Weight Foundations



Tuesdays and Thursdays at 6:30pm

**\$50.00/month
(8 classes)**

This class will focus on outlining the importance of proper **programming, flexibility, and technique** for safe and effective weight training. Participants will not only get hands-on coaching but also be provided with **specific techniques to improve their lifting**, with the focus being on dumbbells, kettlebells, barbells, med balls and body weight exercises. This class will also provide supplemental exercises to **improve muscular imbalances** or weaknesses.



Program taught by **Reed Phinisey**, coach B.S., Florida Atlantic University - Exercise Science & Health Promotion, CSCS-Certified Strength and Conditioning Specialist, NSCA Certified Personal Trainer, USAW-Spc Lv.1 Sport Performance Coach.

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