



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, APRIL 9)

Safety & functional movement screen

Day 2 (WEDNESDAY, APRIL 11)

clean ● squat ● bench

Day 3 (FRIDAY, APRIL 13)

Civic Center orientation to equipment

There is a maximum of five students per class. You must attend all three sessions (*Day 1 & 2 at SMC Therapy, Day 3 Civic Center*)
Cost \$20. Checks can be made to SMC Edge Wellness at the first session. Sign up at the Civic Center or call them at 443-4174.

