

**Launching this  
September!**



# **PROJECT BARBELL**

**NEW LIFTING CLASS FOR  
MEMBERS AGES 14-19**

**LEARN: PROPER LIFTING WARM UP,  
LIFTING TECHNIQUES,  
PROPER PROGRESSIONS**

**ONE LIFT FOCUSED ON,  
FOR EACH 4-WEEK SESSION:**

**9/13-10/4: DEADLIFT**

**10/11-11/1: SQUAT**

**11/8-11/29: BENCH**

**Wednesdays @ 5:00PM  
with Dave DiManno in the UGX Studio**

**Cost: \$150/Session  
Contact Megan Sayre-Scibona for more  
information and to register:  
[fitness@wtsc.com](mailto:fitness@wtsc.com)**