



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AGES 16+

INCREASE STRENGTH AND LEARN PROPER TECHNIQUE



INTRODUCTION TO OLYMPIC WEIGHTLIFTING

STRONG

This class is designed to guide beginning lifters to a novice level of proficiency. With 22 years of coaching experience, Tim Fox expertly leads participants through USA Weightlifting's *Skill Transfer Exercises* before progressing to the snatch and clean and jerk. Lifters will start with a PVC pipe, transition to a barbell, and gradually build strength, culminating in a max session during the final class. Along the way, participants will learn to engage their core, feet, and upper back, ensuring they lift safely, effectively, and with confidence.

INSTRUCTOR: Tim Fox

YMCA Personal Trainer, USA Weightlifting-Certified Coach, Certified Strength & Conditioning Specialist

WHY TRY OLYMPIC WEIGHTLIFTING?

- It's FUN!
- It increases strength, agility, flexibility, + balance.
- It builds core and postural strength.
- Learn a whole new way to work out.

TUESDAYS & THURSDAYS

6:00-7:00 p.m.

SPRING 2: April 14-May 21

20TH AVE Y • SMB Room

FEE: \$199

QUESTIONS? Contact Ben Clewien at