

Olympic Weightlifting Classes

Every Week 12PM-1PM

Monday
Snatch

Wednesday
Clean

Friday
Jerk

- **Introductory exercises and progressions taught for the novice**
- **Classes focus on developing sound technique, principles of training, strength exercises, and mobility**
- **Tailored programming and group coaching for those with prior experience**
- **Weekly, personalized training programs also available**
- **Contact via email if interested but unable to attend scheduled class times**

- **Register online for one week of classes or email david.c.griffin2@gmail.com for more information**