

# CHECK THE TECHNIQUE

GET YOUR FORM DIALED IN  
JUST IN TIME FOR THE PUSH/PULL  
WITH INTENSIVE BENCH AND DEAD  
INSTRUCTION FROM EXPERT  
STEPHEN MOORE, NSCA-CPT

SATURDAYS  
NOON - 1:30  
JUNE 3, 10, + 17

SIGN UP AT [HYDEPARKGYM.COM](http://HYDEPARKGYM.COM)  
ALL ARE WELCOME