



STRENGTH SERIES: DEAD LIFT EDITION PART 1

WEDNESDAYS | 5:30PM-7:30PM | WELLNESS CENTER GYM

The Strength Series: Deadlift Edition Part ONE
Series will cover **BASIC** mechanics of the lift including
technique and cueing.

Registration Opens:
Opens on 3/31/23.

Registration Closes:
Closes 4/7/23 at 5pm
or until filled.

Classes will be held at the Wellness Center. Main Weight Floor
will be unavailable to the public during class times.

Class Dates:

April 12

April 19

April 26

LIMITED TO 9 PARTICIPANTS!

*Must be 14+ yrs with parent presence.
Must be from a federally recognized tribe.
Priority access to previous strength series participants.*

SCAN ME!



**FOR MORE INFORMATION CALL (520) 562-2026 OR
EMAIL WELLNESS.CENTER@GRIC.NSN.US**