



# Weightroom 101 Class

Starts Tues, Oct 22 at 7:15am or Thurs, Oct 17 at 5:15pm  
(Each class is for 5 weeks and ends in mid-November)

*Registration is already underway!*

The fee for SU students, faculty, staff, retirees, alumni, and their respective spouses or significant others is \$50.00. The Public rate is \$100.00.

**NOTE:** SPACE IS LIMITED TO A MAXIMUM OF 3 PEOPLE PER CLASS!! To register, please fill out the SIRA Fitness Online Registration Form: <https://www.southwestern.edu/life-at-southwestern/intramural-recreational-activities-sira/fitness-and-wellness/>. Participants may pay for class on-line (with a Pirate Card) or pay via check (make checks payable to “Southwestern University”).

## Session Schedules and Format

Meet once each week for 5 weeks in this small class setting (2-3 participants). Develop your muscle base and increase your fitness knowledge. Improve body composition, overall strength, flexibility and body awareness. Participants will receive a 45 minute strength training program that includes warm-up and cool down exercises. Meets one time per week with trainer and allows participants to choose other days/times during the week to work out together or on their own.

### This 5 week course will teach:

- Basics of resistance training
- Proper use of weight machines
- Proper lifting techniques
- Exercises for specific muscle groups

## Instructor Qualifications

Amy Vick is a certified Worksite Health and Wellness Coordinator and a Personal Trainer Practitioner who has more than 25 years of experience in the fitness industry.

More information(?) Contact Derek Timourian at 512-863-1665 or [timourid@southwestern.edu](mailto:timourid@southwestern.edu)

