

Introduction to
Resistance Training

STRENGTH 101

Free to members

Strength 101 is designed to introduce and teach resistance training to those new to exercise or have never exercising with weights. This program teaches you how to use resistance machines and perform basic lifts with dumbbells, barbells, resistance bands and more! Classes are instructional in nature, but come dressed to exercise because participants go through the movements themselves. The class works around most joint limitations and allows participants time to ask questions. We want to teach you how to increase your strength, quality of life, and feel comfortable with the equipment in the facility! Strength 101 meets once a week throughout the 4-week session.

CLASS STRUCTURE:

Week 1: Resistance Machines
Week 2: Dumbbell and Barbell Movements

Week 3: Cable and Band Movements
Week 4: TRX and Stability/Balance Movements

Weekly classes starting on September 14th

GRANGER

TUESDAY
10:00 A.M.

ELKHART

TUESDAY
5:30 P.M.

SOUTH BEND

TUESDAY
6:00 P.M.

Meet the fitness specialist at the fitness desk at the days/times listed

CLASS SIZES ARE LIMITED! Register at the Information or Fitness desk today!

QUESTIONS? Email Jake at jephillips@beaconhealthsystem.org