



Olympic Weightlifting Class

**Join Head Strength
& Conditioning
Coach Jennifer Enos**

Olympic lifts are a great way to develop a strong foundation of strength and power even if you don't want to compete in the sport. In addition, training in a group/team atmosphere is fun and creates a sense of community.

CLASS DESCRIPTION:

Athletes will undergo the process of learning technical proficiency in foundational strength movements.

- They will combine acquired strength skills with exercises specific to the sport of weightlifting (snatch/clean and jerk).
- Lifters of all ages and skill levels are welcome.

Cost: The Club Membership \$49/mo. plus \$69/mo. unlimited classes. Limited to 10 members.

Information:

Contact Head Strength & Conditioning Coach
Jennifer Enos

**(707) 839-CLUB (2582) or
Jennifer@thecluboncentral.com**



Occam Athletics
(North)USA Weightlifting
certified barbell club