



Explosive Power? YES!
Increased Body Strength? YES!
Powerlifting? YES!

The Power Project is dedicated to explosive power, increasing overall body strength and various forms of conditioning. There is nothing better than working out with your peers in an environment that fosters individual improvement as well as team bonding.

Class Format:

- Mobility and Stretching
- Warm-up Exercise
- Main Lift-Power Movement and/or Traditional Powerlifting
- Accessory Lifts-Builds strength in smaller muscle groups
- Functional Conditioning (tire flips or sledge hammer slams etc.)



Sessions run monthly and start at the beginning of each month.

Wednesdays/Fridays at 6:15-7:15 pm

Location: UGX Studio at 30 Oak St.

Member \$180 | Non-Member \$270 Minimum of 5 participants

Old school lifting combined with new school science!

Sign-up by contacting Megan Sayre-Scibona:
fitness@wtsc.com

