



## **BUILD THE STRONGEST VERSION OF YOU**

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. Open to ALL members and non-members.

Non-members - please contact Rick Bounds directly.

**September Session (9/2-9/30)**

**Location: 30 Oak St.**

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

**Member \$180 | Non-Member \$270**

**Minimum of 5 participants**

**Sign-up at the Front Desk or by contacting:**

**Dave Dimanno at: [dimanno67@gmail.com](mailto:dimanno67@gmail.com)**

**Rick Bounds at: [rbounds@wtsc.com](mailto:rbounds@wtsc.com)**